

Cold Sesame Noodles

200 grams curly egg noodles
approximately 1 -2 teaspoons mild vegetable oil
2-3 teaspoons of salt
2-3 teaspoons of mild veggie oil (NOT A TYPO! you will need additional oil)

Sauce:

Scant 1/3 cup soy sauce or tamari sauce
2 tablespoons peanut butter, smooth or chunky as you prefer
1-2 tablespoons sesame oil
1 tablespoon sesame seeds
3 tablespoons rice vinegar - or apple cider vinegar in a pinch
5 tablespoons brown sugar
1/4 cup mild vegetable oil
2 teaspoons crushed garlic
2 tablespoons chopped scallions

Directions:

In a large pot bring water to the boil and add the salt and oil making sure the water boils hysterically. Then carefully drop the blocks of noodles into the water, poking them with a pasta spoon/fork till they unfurl in the boiling water and after about 2-3 minutes test a noodle (gotta eat one, no other way) to see if done. Do not overcook since the absorption of the sauce makes them softer. When done to al dente, immediately drain in a colander and shake a bit then place in bowl large enough to hold the noodles (and enough space to later toss with sauce). Immediately toss with the additional tablespoon of oil while still warm, coating noodles thoroughly with the oil (I use my hands in latex gloves). Set aside to cool completely and make the sauce.

In a bowl or jar, put soy sauce, peanut butter, sesame oil, sesame seeds, rice vinegar, brown sugar, oil (yes, again!) crushed garlic and chopped scallions. Stir very well with a fork or whisk till peanut butter is completely incorporated into the sauce and it holds together. If eating right away, pour about half the sauce into the cold noodles and toss very well and let sit about 15 minutes. Add more sauce as you wish till well coated, and well tossed. The sauce recipe is quite generous and you will probably have leftover. If NOT eating right away, pour 1/3 of the sauce into the cold noodles toss well and refrigerate the tightly covered noodles and sauce in fridge. Keeps well for at least 2 days partially sauced. By the way, I have put noodles that we've eaten right away into the fridge and since they never last more than overnight, can tell you they are just a bit softer but equally yum. Just sayin'.