

SESAME GINGER NOODLES

This recipe uses three ingredients very critical to Japanese cuisine: soy sauce, ginger and sesame. The key may very well be the ginger. Whole, fresh ginger roots provide the freshest taste in comparison to powdered ginger or dried roots. It has a pungent aroma and flavor and is known to have medicinal uses. This particular dish may be a great way to warm up the body on a cold, winter day!

Ingredients:

- 1 lb. uncooked egg noodles, spaghetti, vermicelli or linguine
- 1 t cornstarch
- $\frac{3}{4}$ t sesame oil
- 2 t grated fresh ginger root
- sesame seeds
- $\frac{1}{4}$ C. Shoyu (soy sauce)
- $\frac{1}{2}$ C. water
- 1 T sugar
- 2 T vegetable oil
- 2 T distilled white vinegar
- $\frac{3}{4}$ C. sliced green onions

Preparation:

1. Cook noodles according to package directions. Drain, rinse under cold water, and drain again.
2. In a separate bowl, combine soy sauce, sugar, vinegar, cornstarch, grated ginger and water.
3. Heat oil in a wok or large skillet over high heat. Add green onions and stir-fry for about 10 seconds. Add the soy sauce mixture, and continue stirring until sauce comes to a boil.
4. Add noodles, and continue cooking for about one minute or until sauce returns to a boil and noodles are evenly coated with sauce.
5. Remove from heat. Add sesame seeds and oil. Toss well to combine.

Servings: 6

[Sources: recipe: <http://www.kikkoman-usa.com/general/recipe/details.asp?id=1680&Curpage=118&loc=101&Ptitle=browse&Search=Soy+sauce&subsearch=&subsection=Soy&subsection2=>]

photo: http://en.wikipedia.org/wiki/Ginger_root]