

Cold Sesame Noodles



I always loved eating cold sesame noodles in Chinese restaurants although they were different everywhere I went. I like spicy ones but not too hot. I like the sauce thick but not gooey. And some crispy cucumbers with scallions on top. I have been working on this recipe for years and think I have it down now although you might want to adjust it to your spice level. (Julia Anne like everything super hot while I am more of a mild to medium guy.

INGREDIENTS

- Lo Mein Noodles 12-16 ounces (I prefer the fresh ones you can find in the Asian market)
- 2/3 cup tahini paste
- 5 tablespoons soy or tamari
- 3 tablespoons sesame oil plus 1 tablespoon to add to the noodles
- 4-5 Teaspoons chili oil
- 2 tablespoons sugar (I used coconut sugar on this one)
- 1/2 -1 cup black tea (to thin out the sauce)
- 1 teaspoon ginger grated
- 2 teaspoons finely chopped garlic
- 2 tablespoons rice wine vinegar
- Salt and pepper
- ½ half a seedless cucumber, peeled and chopped into ½ inch pieces

1-To prepare the sauce, either combine or whisk together the tahini paste, tamari, sesame oil chili paste, sugar, garlic, vinegar and garlic together. This will be thick so gradually add the black tea to thin to the desired consistency. It should be about the texture of thick cream. Add the salt and fresh ground pepper to taste. You can adjust the heat by adding a bit more chili oil.

2-Cook noodles as directed. I like them a little al dente and not too soft. You can use linguine if you can't find fresh noodles. As soon as noodles are done, rinse with cold water and add the extra tablespoon of sesame oil. Then add most of the sauce and mix. Reserve a little to adjust to the right consistency.

3-Mix on the cucumbers and refrigerate for at least 30 minutes. Place on platter, top with scallions and server at room temperature

4-ENJOY!