



SHANGHAI STIR-FRIED NOODLES 上海粗炒

Recipe serves 4.

INGREDIENTS

For marinating the shrimp:

- ¾ lb (340g) raw tiger shrimp, defrosted deveined and deshelled (see recipe note 1)
- 1 tsp Shaoxing wine (note 2)
- ¼ tsp soy sauce
- ¼ tsp kosher salt
- 1/8 tsp white pepper powder

For the sauce:

- 2 tbsp dark soy sauce (note 3)
- 2 tbsp oyster sauce
- 1 tsp soy sauce
- ½ tsp sugar
- ¼ tsp salt, more or less to taste

For the Shanghai Stir-Fried Noodles:

- 2½ lb (1.15g) package frozen udon noodles or Shanghai thick wheat noodles (note 4)
- ¼ head of cabbage, cut into 1 cm wide slices (about 4 cups or 250g)
- 1 large carrot, cut into thin diagonal slices (about 1 cup)
- 4-6 shiitake mushrooms, thinly sliced (reconstitute if using dehydrated shiitakes)
- 1 bunch scallions, cut into 2" pieces, white and green parts separated
- 400ml water or stock
- High heat neutral oil for cooking (I use avocado oil)
- Salt to taste



METHOD

Place shrimp in a bowl with marinade ingredients. Mix and set aside.

Bring a large pot of water to a boil for cooking frozen the udon noodles.

Mix sauce ingredients together and set aside.

When water is at a boil, cook udon slightly less than package directions. Drain well.

Heat large wok or pan over medium to medium-high heat. Drizzle a tablespoon of oil. Add shrimp. Stir-fry until they just barely turn pink, about a minute (do not overcook). Scoop out and set aside. Add more oil. Add white parts of scallion and shiitake mushrooms. Stir-fry for a minute until mushrooms are slightly browned, seasoning with salt near the end so as not to draw out liquid from the mushrooms. Add cabbage and carrots. Stir-fry until cabbage and carrots are just softening but not cooked all the way through.

Add drained udon. Pour in sauce and water (or stock). Toss everything well. Add green parts of scallions and shrimp. Mix again and let it come to a low simmer. Cover and simmer for a couple of minutes or when the noodles have visibly absorbed most of the liquid. Cook uncovered over a higher heat until the sauce is mostly gone and visibly thickened by the starch in the noodles. Taste and adjust seasoning as needed, adding more dark soy sauce if you wish for a darker colour (I don't add any more as I prefer home cooking to be lighter). Serve right away, preferably with Chinese chili oil!

RECIPE NOTES:

1. Frozen shrimp – I will always advocate using shell-on shrimp rather than already shelled frozen shrimp. I'm one who loves a shortcut but, in this case, the texture and flavour is really compromised when you use shrimp that's been frozen without the shell. And please



stay away from frozen *cooked* shrimp, for that matter. My favourite is frozen shell-on shrimp that has already been butterflied and de-veined. THAT is a major time-saver I happily pay extra for.

2. Shaoxing wine – A rice-based cooking wine that is famous from Shaoxing, China. It is a brown liquid that is aromatic, slightly sweet and fragrant. It is used in Chinese cooking the way wine is used in Western cooking, to add a more complex flavour. If you don't have it, simply omit it from the marinade.
3. Dark soy sauce, or Lo Chou (老抽) – Aged longer versus regular soy sauce and typically mixed with molasses and caramel colour, dark soy sauce is actually less salty with a touch of sweetness and more viscous. It is used to add flavour and colour to dishes such as braised pork belly or these Shanghai Stir-Fried Noodles. When you order this dish at a restaurant, it is almost always darker than my version by way of using more dark soy sauce. You may add more to taste right at the end of the recipe.
4. The traditional version of Shanghai Stir-Fried Noodles uses a specific Shanghai style of noodles which are thick, wheat noodles that are sometimes yellow-y in colour. Those are usually only available at Chinese grocery stores sold out of the fridge. A common substitute for Shanghai noodles is Japanese udon which have a similar thickness and chewy mouthfeel. Japanese udon is often sold frozen at most East Asian grocery stores (Chinese, Japanese, Korean) which make them much more widely accessible and easy to stock in the home freezer.