

## CHINESE NOODLE SALAD

### The Noodles and the Marinade

7 Tablespoons dark sesame oil

7 Tablespoons soy sauce

3 Tablespoons balsamic vinegar

3 to 4 Tablespoons sugar

2 ½ teaspoons salt

1 Tablespoon red pepper oil

8 to 10 scallions, the white parts plus some of the firm greens, thinly diced into rounds

3 tablespoons cilantro, chopped

One 14-ounce package fresh Chinese egg noodles, preferably the thinnest one available

### The Vegetable Garnishes:

1 tablespoon fresh ginger root, peeled and minced

1 clove garlic, finely chopped

Reserved Marinade

1 cup snow peas

½ pound mung beans

3 tablespoons sesame seeds

1 medium carrot, peeled, sliced thinly on the diagonal, and then cut into fine, thin strips

1 whole red pepper

1 pound asparagus

Any other vegetables that you like

Preheat the oven to 350 degrees. Toss the sliced vegetables in 1-3 tablespoons of olive oil. Place on a lined cookie sheet, making sure that they are in one layer. Place in oven until they are cooked.

Bring a quart of water to a boil with a teaspoon of salt. Blanch the snow peas Until they are bright green, then remove them with a strainer and rinse them in cool water. Cut them into long, narrow strips and set them aside. Next, put the sprouts in the water and cook them for about 30 seconds. Pour them into a

colander, rinse them with cold water, and lay them on a clean kitchen towel to dry.

Roast the sesame seeds in a pan until they are lightly colored and smell toasty.

If the noodles have been refrigerated, allow them to come to room temperature; then toss them with the vegetables, mung beans, and snow peas, and marinade. Place on a platter and garnish with cilantro leaves

Variations: Instead of sesame seeds, use roasted peanuts or cashew nuts. Black sesame seeds can also be mixed with the white. Radishes, thinly sliced, can also be used as a garnish.