

Laghman Recipe

by Lemon Drop from A Recipe Reborn

- Prep time: 30 minutes
- Cook time: 20 minutes
- Dough resting time: 1 hour
- Yields 4 servings



Hand pulled noodles

US	Ingredients	Metric
14 oz	all-purpose flour	400 g
1 tsp	Kosher salt	6 g
1	egg	1
1 cup	water	250 mL
2 tbsp	vegetable oil	30 mL

1. Mix the flour, salt, egg, water together to make a dough and knead it for 10 minutes.
2. Cover the dough with plastic wrap and set it aside to rest for at least an hour at room temperature, or overnight in the refrigerator.
3. Roll out the dough on a floured work surface and then cut it into strips.
4. Roll each strip between your hands and the work surface to elongate the strip into a cylinder.
5. Transfer the dough onto an oiled plate, coat with oil and cover it with plastic wrap.
6. Allow the dough to rest while you prepare the sauce.
7. Stretch and squeeze the dough by running your hand over the length of the cylinder.
8. Continue to shape the dough by holding each end in one hand and slowly pulling them away from each other. Fold the dough in half and in quarters and continue pulling and stretching until dough reaches your desired thickness.
9. Bring a pot of salted water to a boil and cook the noodles until they float to the surface, about 2 minutes.
10. Drain the noodles and serve.

Infused broth

US	Ingredients	Metric
2 cups	chicken broth	500 mL
1	bay leaf	1

1. Bring the broth to a boil and add the bay leaf.
2. Set the heat to low and allow the bay leaf to simmer in the broth until you are ready to add it to the stir fry.

Marinated lamb

US	Ingredients	Metric
10 oz	lamb, ground	300 g
1 tsp	Kosher salt	6 g
½ tsp	white pepper	1 g
1 tbsp	Chinese black vinegar	15 mL
1 tbsp	Chinese cooking wine	15 mL
2 tbsp	cornstarch	15 g

1. Combine all the ingredients in a bowl and mix them until the seasonings are fully distributed.
2. Set the lamb aside and allow it to marinate until you are ready to stir fry.

Stir fry/sauce

US	Ingredients	Metric
2 tbsp	oil	30 mL
	marinated lamb	
2.5 oz	onion, sliced	70 g
2 cloves	garlic, crushed	2 cloves
2 oz	carrot, sliced	50 g
3.5 oz	bell pepper, diced	100 g
1 oz	hot pepper, sliced (optional)	30 g
9 oz	tomato, diced	250 g
3.5	green beans, sliced	100 g
1 oz	green onion, sliced	30 g
2 tsp	Kosher salt	12 g
2 cups	infused broth	500 mL

1. Set a large pan over high heat and warm the oil.
2. Stir fry the ingredients in the order listed above, which is longest cook time to shortest.
3. Season with salt, pour in half of the broth and deglaze the bottom of the pan.
4. Remove from the heat and finish preparing the noodles.

Assembly

US	Ingredients	Metric
	Hand pulled noodles	
	Stir fry/sauce	
4 sprigs	parsley	4 sprigs
4 tbsp	Chinese black vinegar	60 mL

1. Set a portion of noodles in a bowl and pour over some sauce.
2. Top up the bowl with infused broth.
3. Garnish each bowl with a sprig of parsley and 1 tablespoon of vinegar.