

Longevity Noodles – The Year of the Rooster (Pasta of the Month)

Today is the first day of the Chinese Lunar New Year – Celebrating the year of the Fire Rooster! This annual celebration is marked with a variety of foods that have symbolic meanings. Eating longevity noodles during the feast will help ensure a long life.

Pasta of the Month:

LONGEVITY NOODLES



the Lazy Gastronome

But not just any noodle will do! Longevity noodles are very, very long (a single noodle in fact!) and served unbroken. An egg noodle that is firm but elastic, it is cooked and then stir fried or served in soup. It is also tossed in sesame oil, as this recipe is. Not only easy to make, but delicious!

What you need:

- 1 package noodles
- 2 quarts of chicken broth
- 3 Tablespoons sesame oil
- 1 teaspoon Chinese five spice powder
- 1/2 cup sliced green onions
- 1-2 Tablespoons toasted sesame seed

How to Do it:

Bring the broth, 1 Tablespoon of the oil and the five spice powder to a boil. Cook the noodles until they are al dente. Drain and toss with the remaining oil and green onions, then sprinkle sesame seeds over the top. (Note: you can also return them to the broth and eat them as a soup).

You can purchase longevity noodles at most Asian markets or on line.

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Other foods to eat that are said to bring luck are fish (prosperity), dumplings and spring rolls (wealth), sweet rice balls (family togetherness), kumquats (fullness and wealth, but must be eaten whole and served with leaves attached!), a red beverage (symbolizes luck and fortune).

Have a ㊗️ (Happy New Year)

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