

HOKKIEN PRAWN MEE

What you need

2 dozen small prawns, heads attached
1 tbsp olive oil
3 cups chicken stock or water

4 cloves of garlic
12 fish balls / one large fish cake
600g thick egg noodles, cooked
150g bean sprouts
2 eggs
2 limes

fish sauce
soy sauce, to taste
salt & white pepper, to taste
sambal (optional)

Don't make this recipe without: Garlic, lime

Yields 2 serves as a
main, or 4 as a side

Preparation 15 minutes

Cooking 60 minutes

What to do

1. Rinse the prawns, remove the heads and reserve for the stock. Peel the prawns leaving the tails in tact, and devein using a skewer.
2. Stir-fry the prawn heads in some olive oil for several minutes on medium heat, being careful not to burn the pot. Add three cups of chicken stock and bring to the boil. I used homemade chicken stock(which was made with garlic and ginger). If you are just using water, it may be a good idea to throw in some slices of garlic and ginger. Cook the stock for 20 minutes on medium heat.
3. While the stock is cooking, prepare the other ingredients. Rinse the bean sprouts and slice the fish balls into 5mm slices. Chop the garlic finely and prepare 4 cheeks of lime by cutting longways on either side of the center.
4. Strain the prawn stock and put aside in a bowl. Beat the eggs in a bowl and have ready, along with the bean sprouts and seasonings. Make sure everything is ready for the stir-fry.

Continued on Page 2 >

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5. Stir fry the garlic to release the aroma, then add fish balls until they color slightly.
Add the prawns and a dash of the stock for a few seconds.
6. Throw in the noodles and add a few scoops of prawn stock. The noodles should have some liquid to cook in, and they will take a few minutes to cook. Season with a dash of fish sauce, salt and white pepper. Balance the flavor to taste with fish stock and soy sauce, if necessary. Once you feel the noodles are cooked, ensure there is still some liquid left for the egg to form a soft gravy.
7. Quickly pour in the eggs and give everything one last stir.
8. Serve the noodles with lime, spring onion and if you like it hot, some chilli sambal.

Notes

The egg noodles should be the thick, cooked variety — they are readily found in Asian groceries in the refrigerated section. Traditionally, the dish uses two types of noodles (egg noodles and clear vermicelli), and it might include fresh squid as well as prawn. This is a somewhat simplified variation on the dish, and a bit of a tricky one to write a recipe for as it really requires going with your feel a little bit, and of course you can make it as dry/soupy/eggy as you like.