



Smacked Noodles

INGREDIENTS

- 300g Plain Flour
- 155ml Water (warm)
- 40ml Canola Oil
- Pinch Salt



Serves: 2



Prep Time: 35 mins



Cooking Time: 1-2 mins

METHOD

1. Place flour and salt into a stand mixer fitted with a dough hook attachment. Start at low speed and slowly pour in the water. Once all the water is added and the dough has started to come together, turn off and knead dough together in the bowl or on the bench until all the dry flour is incorporated. Place back into the stand mixer and on a medium speed let knead for 10-15 minutes until smooth and elastic. Cover with cling wrap and rest for 20mins.
2. Press and shape the dough into a rectangle that is about 1.5 cm in thickness. Cut into 10 equal strips. Line a tray with baking paper and brush with oil. Place Noodle dough portions onto the tray and coat all sides in oil (using a pastry brush helps). Cover with glad wrap and rest for a further 30 minutes.
3. Take 1 strip and gently roll out to flatten evenly to roughly 15cm. Use a chopstick to press a groove into the dough running through the middle lengthways (this is to separate the noodle after stretching). Place one hand at either end and lift it whilst slapping repeatedly onto the work surface while stretching out your arms a little at a time. Until the noodle is roughly a 60cm long ribbon. Lay flat on your work surface.
4. To separate noodles, start at the middle and pull on each side of the groove to separate. Make sure to go all the way until both ends are separated.
5. Cook noodles for 1-2 minutes or until just cooked through.

Special Notes: For best results, cook noodles once stretched. You can make the dough in advance, just make sure to freeze it.



Nourish - Inspire - Share

www.vivecookingschool.com.au #vivecookingschool

