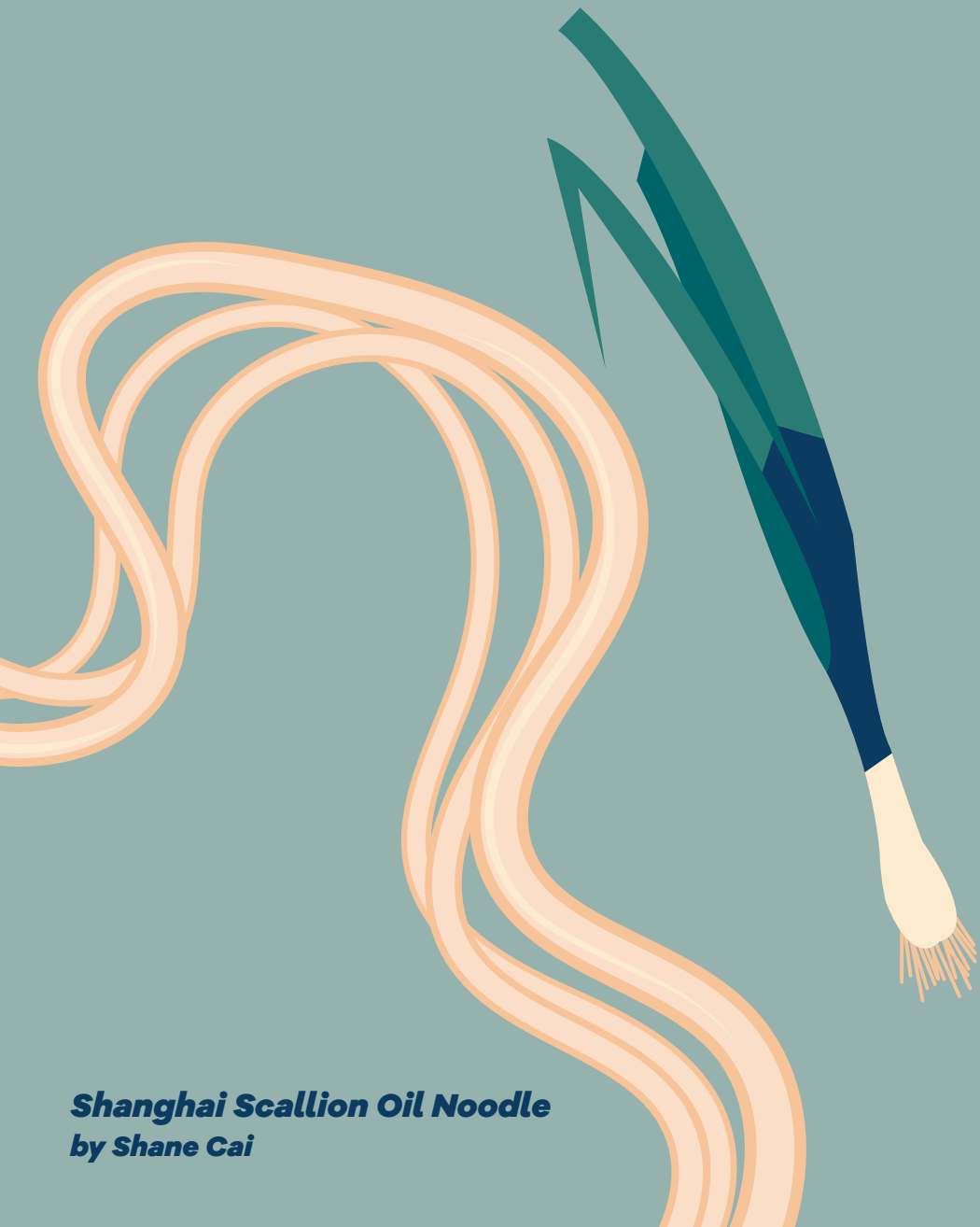


# ***Cooking up Culture***



***Shanghai Scallion Oil Noodle***  
***by Shane Cai***



“Noodles are a symbol of longevity in Chinese culture. They are sometimes served when celebrating birthdays for elderly people, wishing them longevity of course.

“This Scallion Oil Noodle, originating in Shanghai, is a humble dish with great flavour. It can be served as breakfast, lunch, dinner, or even as a side dish for parties.

“Whenever I have this, at home or in a restaurant, those beautiful memories take me back to my teenage years straightaway. All my cousins would gather together at my grandmother’s place over school holidays in the summer. My eldest cousin is an excellent cook. My other cousins and I would be his kitchen hands. All the tasks were evenly assigned to us before the magic was created.

“It won’t be too long before I will be the one making this dish for my kids when they become teenagers in a few years’ time. I just hope my kitchen hands will be as reliable as they were before.”

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### Ingredients

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**4 tablespoons cooking oil**

**5 scallions, cut into long sections**

**2 tablespoons light soy sauce**

**2 tablespoons dark soy sauce**

**2 teaspoons sugar**

**400g dried thin, round noodles**

**Shallots or onion optional**

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### Method

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#### Serves 4

The traditional recipe usually calls for scallions only. I like adding more ingredients to the recipe: shallots or onion.

Simmer scallions in oil for 25 minutes or so over medium-low heat. The lower the heat is, the longer it will take you to simmer. An extended process will extract more flavour from the scallions and shallots; thus, the oil will be more aromatic. Keep a close eye on it as you don’t want to over-fry the ingredients which might leave an unpleasant burnt flavour in the oil.

As soon as the scallions and shallots/onion start to brown, take them out of the oil and set aside.

Add soy sauce and sugar to the oil. Cook until the sauce starts to bubble. Turn off the heat.

Meanwhile, bring a large pot of water to a boil. Cook noodles following the instructions on the package. Drain, then briefly rinse under running water.

Place noodles in the wok. Stir well to evenly coat the noodles with the sauce.

Pour out the noodles into serving bowls. Top with fried scallions (that were set aside before).