

Seafood Bird Nest (Crispy Fried Egg Noodles With Shrimp, Scallop & Squid | Mi Xao Gion Hai San)

Serves 5

INGREDIENTS

Seafood

- 10 large shrimp (size 21-25; about 7 oz total; peel, devein)
- 10 bite-size pieces calamari/squid/cuttlefish (about 7 oz total)
- 10 small scallops (about 7 oz total)

Seafood Marinade

- 1/2 teaspoon chicken bouillon powder
- 1/2 teaspoon sea salt
- 1/8 teaspoon (pinch) ground black pepper
- 1/2 teaspoon garlic powder
- 1/4 cup cornstarch (reserve until frying)

Vegetables

- Orange vegetables: carrots (peel and slice thin) or orange bell peppers (cut into squares)
- Green vegetables: Bok choy (if using big bok choy, cut vertically into smaller stalks), green bell peppers (cut into squares) or snow/sugar snap peas (remove vein; leave whole)
- Yellow vegetables: Baby corn (leave into shorter pieces if too long) or yellow bell peppers (cut into squares), or yellow squash (cut into thick slices)
- Red bell peppers (cut into squares)
- Mushroom (shitake, oyster or button mushroom; slice thin)

Egg Noodles

- 1 lb fresh egg noodles

Aromatics

- 1 tablespoons minced garlic
- 1 tablespoon diced shallots
- 1/2 tablespoon minced ginger
- Half yellow onion (peel and slice into thin wedges)

Sauce

- 1/4 cup tapioca or cornstarch
- 2-1/2 cups water
- 1 tablespoon granulated sugar
- 2 tablespoons low sodium soy sauce
- 3 tablespoons oyster sauce
- 1 teaspoon sesame oil
- 1 teaspoon shaoxing cooking wine
- 1/4 teaspoon ground black pepper

Garnish (optional)

- ground black pepper
- green onions
- cilantro

INSTRUCTIONS

1. Clean the shrimp, scallop and squid thoroughly by rinsing them with cold running water and drain dry. Transfer to a medium-size bowl, and marinate with chicken stock powder, salt, ground black pepper, and garlic powder for at least 15 minutes. Set aside.
2. Add 3-4 inches of water in a large wok or deep pot. Heat water to a rolling boil. Add 1/2 teaspoon salt and 1 teaspoon oil. Blanch each type of vegetables, no need for mushrooms, for 15-30 seconds. Lighter vegetables such as leafy bok choy should be blanched for only 15 seconds.
3. Remove water from the wok and heat 4-5 inches of oil to 380°F. Add cornstarch to the seafood that we set aside earlier and mix until combined. Drop the seafood into the hot oil one by one to prevent sticking. Deep fry for 30-45 seconds. Seafood does not need to cook all the way through as it will be stir-fried later. Transfer fried seafood to a plate lined with paper towels or a wire rack to remove excess oil. Set aside.

4. Divide the egg noodles into 5 large plates. Spread the noodles into a 5-inch disk.
5. To the wok, make sure oil is at 380°F. Slide the noodles from the plate into the hot oil. It should start to puff up immediately. Deep fry the noodles for 30-45 seconds then transfer to a wire rack to drain excess oil and then onto a large plate. Repeat with remaining noodles.
Optional: To make the noodles more bowl-shape, immediately transfer fried noodles onto a large bowl. While the noodles are hot, press the noodles down gently into the bowl with a large ladle. This will create a shallow well.
6. Remove the oil from the wok, leaving about 2 tablespoons. Heat up oil on medium high, then add garlic, shallots, ginger and yellow onion wedges. Saute until fragrant (about 30 seconds).
7. Give the sauce mixture a quick stir to re-dissolve the starch that may have settled. Add the mixture to the wok with the aromatics. Cook on medium-high until the mixture starts to bubble and thickens.
8. Add the blanched vegetables and fried seafood. Cook for 2-3 minutes. Scoop out stir-fried mixture and its sauce among the five noodle “nests.”
9. Garnish with a dash of ground black pepper, sliced greens and/or cilantro. Serve immediately for the best crunchy texture.