

## Lorie's Korean Lo Mein

**Ingredients:** 1 bunch of Green Onions  
1 to 2 lbs of beef (any steak cut)  
2 16 oz. boxes of ultra thin noodles  
(note: for best results use DeCecco "9 Capellini", Available at many Harris Teeters)  
1 bottle of soy sauce preferably Kikkoman Lite (Low Sodium) 8 to 10 oz.  
1 bottle of sesame oil (any brand) (5 to 8 oz)  
1 package of express carrots (pre-cut into small sticks)  
1 tsp of sugar  
1 pinch of pepper  
1 Tbs of chopped Garlic  
Bottle of Chili Garlic Sauce for table seasoning as desired (Tuong Ot Toi Viet-Nam)

### PREPARATION OF Stir-Fried BEEF in Soy Garlic Marinade

Pour the entire bottle of soy sauce into large mixing bowl then add following ingredients  
Add chopped / minced green onions (entire stalk except roots),  
Stir in 1 tsp of sugar,  
Add 1 pinch of pepper,  
**Stir in** 1 Tbs of chopped Garlic  
Let Stand and marinate while preparing beef  
Slice beef into thin strips, the thinner the better, approx . 2 in. strips, as thin as you can cut  
Add beef strips to marinade mixture  
Let above marinate for better flavor (30 min. to overnite) or cook immediately  
**Longer marinating means better flavor!**

Cook meat soy garlic mixture in a frying pan on high for about 20 min. stirring frequently until browned!  
Drain liquid off meat mixture saving liquid in a cup or small bowl to add at table as desired (at table generally add 1 tbs per serving to taste)  
Set aside remaining mixture (cooked & drained meat, onions, garlic etc.)

### PREPARATION OF CARROTS:

Pour package of express carrots into bowl (1 to 2 quart) and cover carrots with water.  
Cook in microwave 25-35 min. or until soft – not crunchy. Drain carrots and set aside!

### PREPARATION OF NOODLES:

Bring a large pot of water to a boil (like preparing spaghetti noodles), add in the noodles, breaking bundles into thirds.  
**It is very important to spread them around in pot when adding them to the water or they will stick together!** Cook these noodles about 3 min. at a full boil.  
It is very important **not** to overcook the noodles. **They will become sticky! If your noodles Are starchy / sticky try a different brand, DeCecco will not become sticky if not overcooked- the noodle size (thickness) is critical— the correct size noodle is almost as small as angel hair, but "thin spaghetti" is way too large.. We use De Cecco brand "9.Capellini" they always come out perfect.**  
Drain noodles (do not rinse them) and set noodles aside!

### ADD ALL INGREDIENTS TOGETHER

On Stove-Top (low heat)—pour a little sesame oil in the bottom of a large pot, enough to coat the bottom of pan so noodles will not stick to bottom when heating. Add drained noodles gradually to pot while mixing sesame oil and stirring noodles so that all noodles get a light coating of sesame oil. (Use ½ bottle of sesame oil per 16 oz box of noodles) over low heat add carrots – gradually, mixing as you go,  
Add Cooked beef (already drained) to noodle mixture.

**Serve hot adding chili garlic sauce and soy garlic marinade liquid (from draining of stir fried beef) as desired. Enjoy!**