

Teriyaki Noodles

Fresh from the garden: spring onion/chives

Equipment:

metric measuring spoons & cups
clean tea towel
chopping board
small saucepan
wooden spoon/whisk
cook's knife

Ingredients:

Basic Easy Teriyaki Sauce

- 1/4 cup soy sauce (sodium reduced)
- 1/2 cup water
- 1 tablespoon cornstarch
- 4-5 tablespoons honey to taste

Flavor Add Ins

- 2-4 tablespoons rice vinegar to taste
- 4 tablespoons crushed pineapple
- 2 tablespoons pineapple juice
- 1 clove garlic minced
- 1 teaspoon grated ginger
- 1 tablespoon sesame seeds
- 1 tablespoon spring onions/chives

Other

- Udon noodles (cooked and drained)
- Selection of vegetables
- Oil for the pan

Method (What to do):

1. In a small saucepan, whisk soy sauce, water, cornstarch and honey together until smooth.

Add any of the optional additional ingredients you are using (vinegar, garlic, ginger, etc) .



2. Bring to a boil. Reduce heat to medium and whisk constantly for about 8-10 minutes, until sauce is thick. (It will continue to thicken as it cools so remove it before it looks to the consistency you are after.)



3. Taste and adjust as desired. If too thick, thin with additional water to desired consistency.



Notes

Sauce will thicken as it stands. If too thick simply whisk in a few tablespoons of warm water at a time until desired consistency is reached.

To make the TERIYAKI NOODLES, simply ...

- Put a little oil in the wok and add the vegetables.
- After 2 minutes, toss the noodles through.
- Finally, stir through the teriyaki sauce and serve.