

# 擻擻面

Shaanxi Style Hand Pulled Noodle

## **Biangbiang Noodles**

AKA “Youpo Chemian - 油泼扯面”

Biangbiang Noodles is a type of hand pulled noodles from Shaanxi province in China. It is outed as one of the "eight curiosities" of Shaanxi (陕西八大怪), they are described as being like a belt, owing to their thickness and length.



# Ingredients (3 servings)

## Dough:

All purpose flour	2.5 cups
Salt	2 g – about ¼ tsp
Warm water	190 g (about ¾ cup and 1 tsp)
Plant based oil (same as below)	Enough to cover the dough

## Other ingredients (you can always adjust the amount based on your preference):

	3 servings	1 serving
Soy sauce	3 tbsp	1 tbsp
Black vinegar	1.5 tbsp	1.5 tsp
Ground chili	3 tsp	1 tsp
Sichuan pepper powder (optional)	¾ tsp	¼ tsp
Salt	1 ½ tsp	½ tsp
Oil (plant-based oil such as vegetable oil, peanut oil, corn oil, canola oil – AVOID olive oil and sesame seed oil)	1 ½ tbsp	½ tbsp
Bok choy, separate all leaves from each other	3 – 6 small	1-2 small
Bean sprouts	1 bag/3 x a handful	a handful or less
Garlic, diced	3 cloves	1 clove
Green onion, diced	1 ½	½



# Instructions (part one) :

1. In a large bowl, mix flour and salt well.
2. Pour  $\frac{1}{2}$  of the warm water into the flour and salt mixture slowly while stirring vigorously with a pair of chopsticks. Scrape down all dry flour and stir in the remaining water in the same method.
3. Scrape the flour on the chopsticks and the side of the bowl into the mixture. Gather everything in the bowl together and knead into a dough. Cover the bowl and set aside for 10 min.
4. Knead the dough for a few minutes or until it forms a smooth surface. Cover the bowl and set aside for another 10 min.
5. Repeat step 4 for another two times. After the third time, cover the bowl and let the dough rest for an hour.
6. Divide the dough into 6 identical sized pieces. Knead each one of them and shape into round but oval balls. Use a brush or your fingers to apply a layer of oil onto all small doughs, ensure all surfaces are covered. Transfer all of them into a big bowl, cover the bowl and set aside for another hour.
7. Take a piece of dough out, flatten it between your hands use a rolling pin or a clean bottle to roll the dough into a long oval sheet. Press a chopstick lengthwise into the dough to form a indent. Pick up the sheet by holding both ends. Pull the noodle slowly with a slow steady force. Once the noodle is about half an arms length, begin to pull further while hitting the surface of the counter/chopping board with the noodle in an up and down motion. Pull the noodle as long as you can. When you stop pulling, find the mark in the middle from the chopstick, and rip the noodle apart right through the middle. Separate the noodle as much as you can but leave both ends connected. Well done, now you made your first piece of Biang Biang noodle.
8. Repeat step 7 for all remaining doughs.



# Instructions (part two):

This part of instruction is for 1/3 of the recipe (1 serving). Repeat this part to make more servings.

1. Add water to a pot and bring it to boil. For each serving, add 2 pieces of noodles into the boiling water on high heat, stir with a pair of chopsticks gently and immediately. Boil the noodles for a couple of minutes, add 1 serving of Bok choy and 1 serving of bean sprouts, boil for another minute (or longer if you like the noodles to be softer, you can always try them before taking them out). Remove the noodles and vegetables from the water into a bowl, drain well.
2. Add 1 serving of spices and sauces in the following order on top of the noodles and vegetables: soy sauce -> Chinese black vinegar -> salt -> green onion -> garlic -> ground chili.
3. Heat up 1 serving of oil in a pan until smoking hot, pour it over the spices and garnishes.
4. Mix everything in the bowl very well and enjoy!

**\*Recipe is adapted from:**

油泼面 / 裤带面 简单和面的技巧

<https://www.youtube.com/watch?v=38XuHv8Rgig>

