

### **(43) Seafood Cantonese Chow Mein**

1/2 lb chow mein noodles  
2 oz shrimps, cleaned (30 counts per lb.)  
2 oz rock cod fish fillets, chunk cut  
2 oz scallops  
1 green onion, flaked cut  
3 oz bean sprouts  
1/2 cup oil  
1 teaspoon salt  
1 teaspoon sesame oil  
1 tablespoon mushroom soy sauce  
1 teaspoon sugar  
1 cup soup stock  
1 teaspoon ginger, minced  
Cornstarch solution

1. Loosen chow mein noodle and place noodle on a plate. Cook in the microwave oven for one minute.
2. Boil water in a pot and put noodle in for 1/2 minute. Drain water and let dry.
3. Heat oil in pan until hot. Add noodle and lower heat. Flap over to change side when the noodle is golden brown. Set aside in a serving plate.
4. Grease a wok with oil and add salt, ginger to saute.
5. When the oil is hot add shrimp, fish, scallop, bean sprouts, soy sauce and sesame oil. Stir.
6. Add soup stock. Bring to boil. Add sugar, green onion and cornstarch solution to make a gravy.
7. Pour all the ingredients on top of the noodles.

**Kwan's comments: The microwave oven process is to harden the noodle. It is easy to pan fry noodle to golden brown and crispy when the noodle is not soft after boiling. Lots of gravy is needed to coat all the noodle when serving.**