

Singapore

Char Kway Teow

WRITTEN BY ~ RICHARD HINGSTON



Ingredients

- » 4 Tb vegetable oil or lard
- » 4 Tb chopped garlic
- » 100g or 4-5 Chinese sausages, sliced in ½ lengthways and then long diagonal cuts
- » 150g fish cake or fish balls (generally used for soup)
- » 9 tiger prawns, peeled and deveined (or 1 cup cooked shrimps)
- » 400g thinly sliced venison loin or fillet
- » 500g yellow noodles (Hokkien, already cooked in packet)
- » 500g flat rice noodles (kway teow – these will need to be soaked in warm water first but not for too long or they will go soft and mushy when cooked)
- » 3 Tb dark soy sauce
- » 3 Tb light soy sauce
- » 3 Tb sweet dark soy sauce (or 2 more Tb light soy sauce and 2 Tb brown sugar)
- » 3 ts chilli paste (sambal oelek) optional
- » 3 eggs
- » 400g bean sprouts (try to get the thicker ones)
- » 4 spring onions, sliced

Method

Heat a wok until smoking or place a skillet pan on the hot embers of a fire. Add oil and garlic and fry. Add sausage, fish cake, prawns, and venison and fry for a minute. Add in noodles and season with salt and soy sauces. Add chilli paste and eggs and scramble the eggs into the noodles. Lastly, add in bean sprouts and spring onions and toss evenly. Garnish and serve.

With the days getting longer and warmer, spring offers a good chance of snaffling young animals as they venture out to gain fresh feed and put on some condition after winter

Why this recipe? Well, when I was in Singapore with the NZ culinary team, we stayed in the Nanyang Polytech to prepare for the cooking competition and I caught up with a guy there who used to work in Christchurch but who now runs the cooking side of the polytech. This is one of the dishes he made for our dinner while we slaved away into the wee small hours. This recipe is also for Tony Smith, mate, chef and previous NZ Hunter writer who is heading to Singapore to work for a couple of years. Now you'll be familiar with at least something on the Hawker stalls when you get there, Tony.

Char Kway Teow is a dish of flat rice noodles and tubular yellow wheat noodles fried in garlic, sweet soy sauce and lard, with traditional additions such as egg, Chinese sausage, fishcake, bean sprouts and cockles. It works just as well with some venison thrown in. I found all of these ingredients at the local Asian warehouse and in my supermarket – all but the venison of course!

Good luck Smithy – you'll enjoy the heat and humidity of Singapore – and more importantly the Tiger beer!

