

Jahb Chae (or Chap Chae)

serves 8

The Ingredients

1 lb. lean beef, cut in narrow strips	1 lb. transparent noodles
1 lb. carrots, cut in matchstick strips	1 onion, cut in matchstick strips
1 bunch green onions, cut in 2-inch strips	1 pkg. frozen spinach or equiv. fresh
other veggies optional (mushrooms, zucchini, bean sprouts...)	
1 egg pancake (3-4 beaten eggs, fried on both sides and cut into strips)	

MARINADE:

3 tbsp. sugar	½ cup soy sauce
3 tbsp. sesame oil	2 tsp. toasted sesame seeds
½ cup green onion, chopped fine	1½ tsp. minced garlic
1 tsp. black pepper	

What to Do with Them

Mix beef strips with 2/3 of the marinade; set aside.

Boil noodles according to pkg. directions (about 5 minutes); drain and rinse with cold water.

Cut noodles to 3 inches or about spaghetti length. Mix with remaining marinade.

Cook spinach in small amount boiling water until just barely cooked.

Stir fry veggies in small amount of oil. (Add a little water to carrots to steam.)

Fry the meat/marinade mix last. Add a little water when done.

Mix meat, veggies, noodles, and half the egg strips together.

Add more soy sauce and other seasonings to taste.

Serve garnished with remaining egg strips, warm (my preference) or at room temperature.