

Mongolian Noodles

Season: Any

Type: Mongolian side

Difficulty: 

Serves: 6

Equipment:	Ingredients:
Baking tray Foil Measuring cups Bowl Pasta machine Large saucepan Tongs Slotted spoon	3 cups flour 4tsp baking soda "baked" (see note) ½ cup warm water ½ cup cold water

Method:

- Put the warm water in a large mixing bowl.
- Dissolve 4 teaspoons of the "baked" soda in it, then add the cold water.
- Add the flour, stirring and mixing to form a crumbly dough.
- Turn the dough out onto a work surface.
- Knead it together for 5 minutes.
- Wrap the dough in plastic and let it rest at room temperature for 20 minutes.
- Then knead for another 5 minutes.
- Rewrap the dough and put it in the fridge for at least 1 hour.
- Divide the dough into five or six portions.
- Roll each portion out using a pasta machine.
- Roll to desired thickness and cut to desired noodle size.
- Keep the noodles well-floured to prevent them from sticking.
- Cook the noodles in a deep pot with plenty of water.
- Noodles cut on the thinnest setting will only need two and a half or three minutes to cook. Check the noodles regularly while they're cooking; if they stick together, rinse them under cold water immediately after straining them from the pot to stop the cooking and rinse off any excess starch.

To make "Baked" baking soda"

- Spread a half-cup of baking soda on a foil-lined sheet pan.
- Bake in a 120°C oven 1 hour. (Store extra baked soda in a jar with a lid).