

Chap Jae

Ingredients:

1/2 lb. finely ground beef or pork
1/2 lb. cellophane noodles
1/2 bunch spinach (about 1 1/2 cup when cooked)
10 mushrooms, fresh or dried
1/2-1 onion chopped
1-2 carrots, shredded or finely slivered
1 tablespoon sesame seed
2 tablespoons sesame oil
1/4 cup soy sauce
2-4 tablespoons sugar
1/2 teaspoon MSG
2 cloves garlic, crushed & finely chopped
X Salt and pepper to taste
X Cooking oil

Directions:

1. Fry meat in small amount of cooking oil until done and set aside.
2. Cook noodles in boiling water, test for tenderness. They should be soft but firm. Rinse noodles in cold water when done.
3. Cut noodles to 3 or 4 inch lengths.
4. Cook spinach in boiling water, drain, rinse in cold water and drain again. Cut into bite size pieces and set aside.
5. If dried mushrooms are used, wash well and soak in warm water for 15 minutes. If fresh, wash well.
6. Chop mushrooms into small pieces.
7. Over medium heat in wok or frypan, heat some cooking oil and stir-fry mushrooms, onion and carrots until barely tender.
8. Add meat, noodles, spinach and more oil if needed to prevent sticking.
9. Stir and cook, adding sesame seeds, sesame oil, soy sauce, sugar, MSG, garlic, pepper and salt. Taste as you cook and mix in seasonings, adjusting them to taste.
10. Heat just long enough to heat ingredients and blend flavors.

Makes about 6 servings