

## Lesson 9 Recipes

### Noodles of Longevity

5 or 6 red chilies

Tsp of oil

Chop the chilies finely.

Heat the oil in a shallow pan and fry gently until fragrant and a little dry.

This is a spicy relish and can be used to garnish. It should keep in the fridge for about a week.

Approx 6 oz Udon noodles per person

Selection of crushed garlic, chopped ginger, shredded white cabbage, chopped asparagus,

Shitake mushrooms or any other vegetables you want to use in your chosen quantity.

*(isn't that liberating – no measuring o weighing!)*

Some vegetable or chicken stock

1 tsp oil

Toasted sesame seeds

1 free range organic egg per person

Heat the oil in a wok or large frying pan and add the garlic, ginger and onion, quickly cook until the onion starts to color a little.

Add whatever vegetables you want. Stir and heat for a few min. on high heat, then add the noodles and stock.

Cover and turn heat down until noodles are warmed through.

Add a whisked egg per person and stir until you see the egg “setting”.

Serve in individual bowls and sprinkle with sesame seeds and top with some of the chilies or use a sweet chili sauce which can be found in most stores, or some nama shoyu, or some almond butter, or.....

The list is endless like the amount of lifetimes we have.