
Chilled Crab & Taegu Long Rice

Total time: 30 min Yield: 3 servings

Ingredients

7 3/4 oz bean thread or long rice noodles
1 Tbsp light sesame oil
1/2 Tbsp toasted sesame seeds
2 Tbsp rice vinegar
1 Tbsp mirin
1/2 Tbsp light brown sugar
1 tsp ginger root juice
salt
pepper
1 Hawaiian chili pepper (minced, optional)
2 Tbsp canola oil
1 cup imitation crab (shredded)
1/2 cup Japanese cucumber (seeded, julienned)
1/2 cup taegu
1/2 cup green onion (sliced thin on bias, divided)
1/2 cup bean sprouts
1/4 cup watercress (tender tops only)
1 tsp black sesame seeds

Prep Time: 20 min Cooking Time: 10 min Total Time: 30 min

Instructions

Place bean thread noodle in boiling water until al dente, about 2 minutes. Strain and chill until cool to the touch.

In a medium bowl, combine the sesame oil, sesame seeds, rice vinegar, mirin, brown sugar, ginger root juice, salt and pepper to taste and chili pepper (if using). Whisk to combine until smooth, then slowly pour in the canola oil while continuing to whisk.

Add the crab, cucumber, taegu, 1/4 cup green onion, bean sprouts and watercress; toss lightly to combine. Add in the noodles.

Just before serving, toss the noodles in the dressing. Garnish with black sesame seeds and sliced green onion if desired and enjoy with a nice cold lager beer.

Recipe brought to you by:

