

JAPCHAE

Korean Stir Fry



Ingredients:

1½	Pounds	Chicken Thighs, Boneless & Skinless
1	Small	Asian Pear, coarsely grated
¼	Cup	Soy Sauce (or NoSoy)
2	Tablespoons	Light Brown Sugar
1	Tablespoon	Toasted Sesame Oil
1	Teaspoon	Fish Sauce
3	Cloves	Garlic, minced
1	Tablespoon	Fresh Ginger, grated
3	Tablespoons	Mirin (Rice Wine)
3	Tablespoons	Sweet Thai Chili Sauce (or to taste)
1	Package	Cellophane Noodles
1	Small	Red Bell Pepper, julienned very thin
1	Medium	Carrot, shaved
1	Bunch	Green Onion, sliced on a bias (divided)
4	Ounces	Fresh Mushrooms, sliced very thin
1-2	Tablespoons	Sesame Oil
2	Teaspoons	Toasted Sesame Seeds

Directions:

1. Combine first 10 ingredients – chicken through Thai Chili Sauce. Place the mixture in a large zipper bag and marinate at least 2 hours, preferably overnight, turning occasionally.
2. Cook noodles in boiling water for 2-3 minutes, stirring constantly to keep from sticking. Drain and rinse under running cold water while gently massaging them to remove excess starch. Place back in pan with a teaspoon of sesame oil. Toss to coat and put aside.
3. Remove chicken from the marinade. Place marinade in small saucepan and bring to a boil for three minutes. Strain out the solids and put liquid in with the noodles.
3. Heat one tablespoon of the oil on medium-high heat in a large cast iron or stainless steel pan. When the oil begins to shimmer, add the chicken to the pan and cook, turning halfway through, until it reaches an internal temperature of 165°.
4. Transfer to a cutting board and cut into thin strips and cover to keep warm. Add another tablespoon sesame oil to the pan. When oil begins to shimmer, add the mushrooms to the pan. Cook and stir until they begin to soften, then add the pepper and white parts of the onion. Cook until the pepper just begins to soften, then add the carrots, noodles (with marinade) and chicken.
5. Cook and toss until everything is heated through. Transfer to a serving dish, top with sesame seeds and green onion tops.