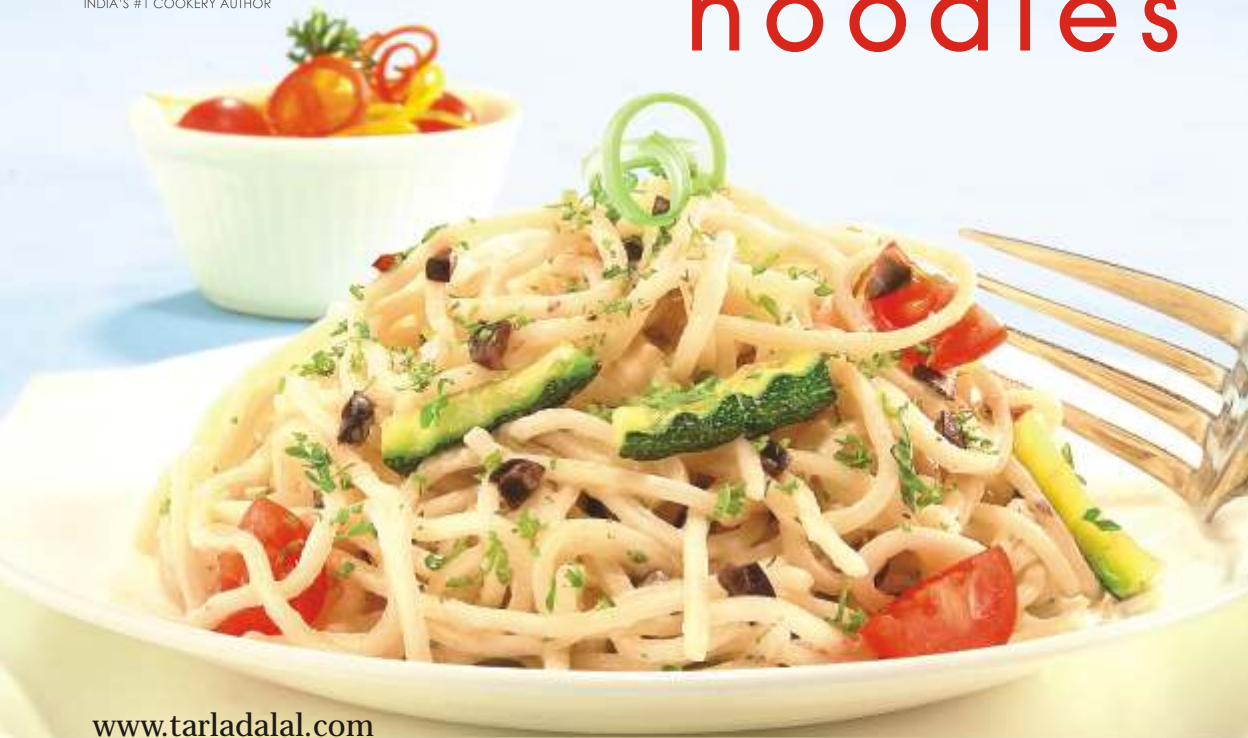


Tarla Dalal
INDIA'S #1 COOKERY AUTHOR

noodles



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INTRODUCTION

Dear fellow food-lovers,

Well, if you thought the noodle repertoire is restricted to the ready-to-cook packs you find in the supermarket, this book is right on time to disillusion you! Noodles lend themselves to a fabulous variety of recipes, and in this book we present something for every food lover depending on your tastes and preferences... from extra-rich and savoury combos to amazingly low-fat and subtle choices. Inspired by a range of ethnic traditions, the recipes include old but evergreen and new recipes, with combinations including beans, vegetables and cheese.

Noodles being such a versatile ingredient, it was really difficult for me to choose the recipes to be published in this book, but it was so much fun as well as I ultimately ended up with a shortlist of my favourite collection of soups, salads, snacks and main course recipes using rice noodles, flat noodles and of course the regular noodles.

For creating the “wow factor” during mealtimes, try making recipes like Talumein Soup, Pakchoy Noodle Salad, Malaysian Noodles, Vegetable Noodle Balls, Ceylonese Curry Noodles, Primavera Noodles.

Be prepared to be amazed as you discover the bounty of noodle recipes in this book! Bon
appétit!

Warm regards,

Tarda Dalal

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Pakchoy Noodle Salad

Here is an exotic salad that I discovered while on vacation in Thailand. Pakchoy is now easily available in India, so go ahead and savour its unique flavour.

Preparation Time: 15 minutes. Cooking Time: 2 to 3 minutes. Serves 4.

For the dressing

1 tsp soya sauce

1 tsp vinegar

1 tbsp ginger garlic paste

1 tsp powdered sugar

1 tbsp oil

Other ingredients

Oil for deep-frying

¼ cup broken instant noodles

1 cup pakchoy, torn into pieces

¼ cup sliced blanched almonds (*badam*)

2 tbsp roasted sesame seeds (*til*)

Salt to taste

For the dressing

1. Put all the ingredients in a small bottle, close the lid and shake well.
2. Store in a cool place.
3. Shake again just before use.

How to proceed

1. Heat the oil in a *kadhai* and deep-fry the noodles till golden brown in colour.
2. Drain on absorbent paper and keep aside.
3. Combine all the ingredients including the fried noodles in a mixing bowl. Pour the dressing on top and toss well.
Serve immediately.

Pakchoy Noodle Salad



Spicy Stir-Fried Rice Noodles

This recipe has just the right combination of crunchiness and softness contributed by the vegetables and rice noodles respectively.

Preparation Time: 10 minutes. Cooking Time: 10 minutes. Serves 4.

- 3 tbsp oil
- 6 to 8 basil leaves
- $\frac{3}{4}$ cup *paneer* (cottage cheese), cut into cubes
- 4 cloves garlic, crushed
- $\frac{1}{2}$ finely chopped green chillies,
- $\frac{1}{4}$ cup thinly sliced French beans,
- $\frac{1}{4}$ cup carrots, cut into thin strips
- $\frac{1}{4}$ cup sliced mushrooms (*khumbh*)
- 1 stalk celery, finely chopped
- 3 cups cooked rice noodles, page 99
- $\frac{1}{4}$ tsp roasted sesame seeds (*til*)
- $\frac{1}{4}$ cup roasted and chopped peanuts
- 1 tbsp soya sauce

1 tsp sugar

1 tbsp lemon juice

Salt and pepper to taste

1. Heat the oil in a pan, add basil leaves and sauté for a minute. Drain and keep aside.
2. In the same oil, add the *paneer* and sauté till golden brown on all sides. Drain and keep aside.
3. Heat the same oil again, add the garlic, green chillies, French beans, carrots, mushrooms and celery and sauté for 2 minutes.
4. Add the rice noodles, sesame seeds, peanuts, soya sauce, sugar, lemon juice, salt, pepper and 4 tbsp of water and toss well.
Serve hot.

Spicy Stir-Fried Rice Noodles



Penang Laksa Soup



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For creating the “wow factor” during mealtimes, try making recipes like Talumein Soup, Wonton Noodle Salad, Vegetable Noodle Balls, Ceylonese Noodles, Noodles Primavera, and Pan-fried Noodles.

Be prepared to be amazed as you discover the bounty of noodle recipes in this book!

Tarla Dalal



“**Padma Shri**” awardee, **Mrs Tarla Dalal** is India's best selling author in any field, with over 3 million cookbooks sold to date. She is the first to launch a bi-monthly food magazine, ‘**Cooking & More**’, which is the best selling cookery magazine in India, under her own name.

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