

Longevity Noodles



Longevity Noodles, also known as "Changshou Mian" in Chinese, are a traditional Chinese dish often associated with birthdays and celebrations. These noodles symbolize long life and are believed to bring good luck and blessings to the person consuming them. The noodles are typically long, representing a wish for a long and prosperous life.

Ingredients Noodles: Fresh or dried Chinese wheat noodles.

Freshly made noodle ingredients

- 1 cup bread flour
- 1/8 tsp baking soda
- 1/8 tsp salt
- 100g water

Soup ingredients

- 2 eggs
- 1 tsp soy sauce
- Few drops of sesame oil
- 1 tsp white pepper powder
- A little bit of salt
- Green onion cilantro leaves (optional)

新鲜制作的面条所需材料

- 1 杯高筋面粉
- 1/8 茶匙小苏打
- 1/8 茶匙盐
- 100 克水

汤底的配料

- 2 鸡蛋
- 1 茶匙酱油
- 几滴麻油
- 1 茶匙白胡椒粉
- 少许盐
- 葱 香菜叶（可选）

Instructions:

1. Prepare the Dough:

- In a large mixing bowl, combine the all-purpose flour with 1/8tsp baking soda, and 1/8 tsp salt.
- Mix in 100g water, Continue mixing until a rough dough forms.

2. Knead the Dough:

- Knead the dough for about 5-10 minutes, until it becomes smooth and elastic.

3. Rest the Dough:

- Form the dough into a ball and cover it with a damp cloth or a cover. Let it rest for about 30 minutes. This allows the gluten to relax, making the dough easier to work with.

4. Rolling the Dough:

- Take one section of the dough and flatten it slightly with your hands or a rolling pin
- Pass the dough through the pasta roller on the widest setting.
- Fold the dough into thirds and pass it through the roller again. Repeat this process a few times to help knead the dough and make it more pliable.

5. Thinning the Dough:

- Gradually decrease the roller setting to a narrower setting (e.g., 2 or 3) with each pass through the roller.
- Continue passing the dough through the roller, reducing the setting each time, until you reach the desired thickness for your noodles.

6. Cutting the Noodles:

- Once rolled, fold the dough in lays, this makes it easier to cut uniform noodles.
- Use a sharp knife to cut thin strips from the folded edge, creating your noodles.

- Unfold the noodles and toss them lightly with flour to prevent sticking. Repeat the process with the remaining dough sections.

7. Cooking the Noodles:

- In a large pot, bring water to a boil. Add a pinch of salt to the water.
- Gently drop the handmade noodles into the boiling water. Be cautious, as fresh noodles cook much quicker than store-bought ones.
- Cook the noodles for about 2-3 minutes or until they float to the surface. The cooking time can vary based on the thickness of your noodles.
- Once cooked, immediately remove the noodles from the boiling water using a slotted spoon or strainer. Rinse them briefly with cold water to stop the cooking process.

8. Serve:

You can now use the cooked longevity hand-made noodles in your favorite recipes. They work well in soups, stir-fries, and other noodle-based dishes. Or do what my mom used to do, crack in two eggs, add hot water, make the soup base, then add the following, and then the soup is ready.

- 1 tsp soy sauce
- Few drops of sesame oil
- 1 tsp white pepper powder
- A little bit of salt
- Green onion cilantro leaves (optional)

*Remember that making hand-made noodles can take a bit of practice to perfect the technique, but the results are well worth the effort. Enjoy your homemade longevity noodles and the delicious dishes you create with them! 😊