

SCMS Kitchen Team / Recipe of the Month



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Singapore Char Kway Teow

Char kway teow, which means "fried flat noodles," is a popular and cheap dish found in Malaysia and Singapore. Hearty and filling, it started out as a labourer's meal but has since entered all-day fare status across South-east Asia.

Prep Time: 30 minutes Serves: 4
Cook Time: 10 minutes
Total Time: 40 minutes

Ingredients

- 400g Kway Teow (fresh flat rice noodles)
- 100g Hokkien yellow noodles
- 140g Fish cake, cooked and sliced
- 2 Chinese sausages (lap cheong), sliced and pan-fried
- 100g fresh bean sprout
- 1 small bunch Chinese garlic chives, sliced into 2cm length
- 2 tablespoons chopped garlic
- 2 tablespoons dark soy sauce
- 5 tablespoons sweet soy sauce (Ketchup Manis)
- 1 tablespoon light soy sauce
- 1 tablespoon fish sauce
- ¼ teaspoon dried chillie flakes
- Cooking oil
- 2 eggs



Method

1. Microwave the flat rice noodles for 30 seconds on high setting; gently separate as not to break them and mix with the Hokkien noodles; put aside.
2. Heat wok on high flame and add 5 tablespoons of cooking oil. Add the garlic and fry until flavoured but not burnt.
3. Add in noodles and fry (toss) on full flame; add a splash of water to moisten the noodles.
4. Add beansprouts, chillie flakes and all the sauces except for Ketchup Manis and mix well.
5. With the flame still on high, add Ketchup Manis to caramelize the noodles.
6. Add fish cake, sausages and chives and stir through.
7. Push the noodles mixture onto one side of the wok, then add 2 tablespoons of cooking oil; crack 2 eggs into the oil and stir until almost set, then fold-in and mix with the noodles and serve immediately.

Recipe Notes

If you like seafood and, for a more elaborate meal, you can add fresh prawns (peeled and de-veined) or cooked crab meat in addition to the fish cake and Chinese sausage.