



THE INTERNATIONAL CULINARY SCHOOLSSM

at The Art Institutes

CREATE TOMORROW

Chinese Noodle Salad

4 Servings

www.artinstitutes.edu

Ingredients	Amounts US	Metric	Procedure
Dressing			Assemble all ingredients and equipment needed to prepare the recipe. In a bowl combine all ingredients for the dressing and reserve.
Soy Sauce	1 oz	30 ml	
Rice Wine Vinegar	1 oz	30 ml	
Canola Oil	1 oz	30 ml	
Sesame Oil	½ oz	15 ml	
Granulated Sugar	1 tsp	5 ml	
Kosher Salt	To taste	To taste	
Black Pepper, fresh cracked	To taste	To taste	
Noodles			Cook the noodles according to the directions on the package. Drain and toss with the dressing. Let cool on the counter for 5 minutes, then cover and refrigerate until chilled.
Chinese Egg Noodles, fresh or frozen	8 oz	224 g	
Prepared Dressing	4 oz	110 ml	
Garnish			Once the noodles are chilled toss with the remaining ingredients. Taste and adjust seasoning if needed.
Carrots, 1/8 inch (.3 cm) x 3 inches (7.2 cm)	4 oz	112 g	
Daikon, 1/8 inch (.3 cm) x 3 inches (7.2 cm)	3 oz	84 g	
Green Peas, blanched and chilled	3 oz	84 g	
Green Onions, thinly sliced on the bias	2 oz	56 g	
Cilantro, minced	2 tbsp	30 ml	

The International Culinary Schools at The Art Institutes is North America's largest system of culinary programs offered at over 35 Art Institutes schools. Administrative office: 210 Sixth Avenue, 33rd Floor, Pittsburgh, PA 15222 ©2011 The Art Institutes International LLC