



EVERYTHING NOODLES

Here's using your noodle. I'm wrapping up my Flour Power series with not one but three ways of using my Everything Dough to make my Everything Noodles for three dishes – well, two dishes and a snack / soup topper. All three eats being so easy to make (and easy on your wallet) that will satisfy on every level – three of them at least. Tri-level.

PREP TIME: 1 Hour 30 Minutes

Makes 4 – 6 Servings

INGREDIENTS

1 Ball of Everything Dough

THE NITTY GRITTY

Turn out dough onto floured work-surface; flatten evenly using the palms of your hands and divide into two pieces with a bench or bowl scraper, or sharp knife. Using a rolling pin, roll out dough to 1/16" thick—making a quarter turn with each roll to ensure dough from sticking to surface—till something of a large oval sheet forms and passes the characteristics of the gluten window test. Fold sheet into thirds lengthwise; cut into one inch noodles with a sharp knife. Unravel noodles to length; place on kitchen towels lightly dusted with flour.

FRIED NOODLES

PREP/COOK TIME: 32 Minutes

Makes About 10 Ounces

INGREDIENTS

1 Cup – Vegetable Oil (\$2.19 48 Oz Bottle / \$.36)

1 Tsp – Granulated Salt (\$.89 26 Oz / \$.01)

TOTAL GROCERY COST: \$3.08

FEAST COST: \$.60 (Includes Everything Dough Cost – \$.23)

THE NITTY GRITTY

In a large skillet, or non-stick pan, heat oil at medium high till shimmering.

Meanwhile, once unraveled and placed on towels, cut noodles into large pieces.

Add noodles in batches, do NOT overcrowd. Fry noodles for 3 – 4 minutes before turning; fry for another 3 – 4 minutes or till golden. Transfer fried noodles to a tray or plate lined with paper towels to drain oily excess; season lightly with salt.

Serve with your favorite sauce for dipping (including my Pantry Sweet N' Sour Sauce from my Spicy Tofu Egg Rolls) or atop soups and ramen. They're even great on salads instead of croutons.

Fried noodles stay fresh in an air-tight container lined with a folded paper towel at the bottom for up to 5 days.

EVERYTHING NOODLES WITH CANNELLINI BEANS AND RED SAUCE

PREP/ COOK TIME: 20 Minutes

Makes 2 – 4 Servings

INGREDIENTS

1 Tb – Extra Virgin Olive Oil (\$4.98 16 Oz Bottle / \$.03)

3 Cloves of Garlic, Smashed and Coarsely Chopped (\$.59 per Lb / \$.15)

1 Tb – Crushed Red Pepper (\$2.59 1.5 Oz Bottle / \$.74)

1 Tb – Double Concentrate Tomato Paste (\$0.55 6 Oz Can / \$.06)

2 Cups – Crushed Tomatoes (\$1.19 28 Oz Can / \$.51)

1 Tsp and 1 Tb – Kosher Salt (\$2.63 48 Oz Box / \$.37)

½ Tsp – Coarse Black Pepper (\$1.99 2.12 Oz Bottle / \$.11)

1 Tsp – Granulated Sugar

1 Cup – Water

2 Whole Bay Leaves (\$3.69 .12 Oz Bottle / \$.46)

1 Can – Cannellini Beans, Drained and Rinsed (\$.99 15.5 Oz)

TOTAL GROCERY COST: \$19.20

FEAST COST: \$2.63 (Includes Everything Dough Cost – \$.23)

THE NITTY GRITTY

In a large non-stick pan, heat oil at medium high. Add garlic and crushed red pepper; cook till garlic is fragrant. Add tomato paste and cook for about a minute to get rawness out. Add crushed tomatoes, 1 Tsp kosher salt, pepper, sugar, water and bay leaf; stir till blended. Bring sauce to a simmer; cover and reduce heat to medium and cook for 8 – 10 minutes.

Meanwhile, bring a large pot of water to a boil; add 1 Tb kosher salt. Toss in Everything Noodles and cook for 2 minutes.

Add cannellini beans to sauce once cooked; remove bay leaves and stir. Using a pasta spoon, add cooked noodles to sauce and toss; cook for another two minutes, stirring occasionally.

NOTE: If sauce is too thick, stir in a little cooking water to thin it out.

Serve with grated cheese and enjoy.

EVERYTHING NOODLES WITH BLACK BEANS

PREP/ COOK TIME: 18 Minutes

Makes 4 Servings

INGREDIENTS

¼ Cup – Vegetable Oil (\$2.19 48 Oz Bottle / \$.09)

1 Tb – Garlic Powder (\$1.99 2.5 Oz Container / \$.16)

1 Tb – Crushed Red Pepper (\$2.59 1.5 Oz Bottle / \$.74)

3 – Anchovy Fillets, Finely Minced (\$1.99 2 Oz Tin / \$.28)

3 Tb – Sun Luck Black Bean Garlic Sauce (\$2.69 8 Oz Bottle / \$.24)

¾ Cup – Water

1 Can – Black Beans, Drained and Rinsed (\$0.59 15.25 Oz)

1 Tb – Kosher Salt (\$2.63 48 Oz Box / \$.28)

TOTAL GROCERY COST: \$14.67

FEAST COST: \$2.61 (Includes Everything Dough Cost – \$.23)

THE NITTY GRITTY

In a large non-stick pan, heat oil at medium high. Add garlic powder and crushed red pepper; cook till fragrant. Add anchovies and cook for about a minute to get rawness out. Add black bean sauce and stir till blended. Add water and bring sauce to a simmer; cover and reduce heat to medium and cook for 5 – 6 minutes.

Meanwhile, bring a large pot of water to a boil; add kosher salt. Toss in Everything Noodles and cook for 2 minutes.

Add black beans to sauce once cooked. Using a pasta spoon, add cooked noodles to sauce and toss; cook for another two minutes, stirring occasionally.

NOTE: If sauce is too thick, stir in a little cooking water to thin it out.

VISIT FORKDLA.COM FOR MORE RECIPES

Copyright ©2020 Marshe Media. All Rights Reserved.