



Flavors of Rochester at the Market

A sampling series brought to you by the City of Rochester Public Market, Friends of the Market, Democrat & Chronicle, Summit Federal Credit Union. Saturdays, May through September. 10 a.m. to 12 p.m.

www.cityofrochester.gov/marketflavors; www.democratandchronicle.com/rocflavors

Guest Chef for September 10, 2016:

Margaret O'Neill, Friends of the Rochester Public Market

MARKET RAMEN NOODLES & VEGGIES

What's not to love about ramen noodles? As college students can attest, instant ramen noodles are always there for you, ready to enjoy in minutes. Originating in China or Japan in the early 1900s, ramen noodles were originally an expensive luxury (fresh noodles were just a fraction of the price.)

Ramen noodles are made from four basic ingredients: wheat flour, salt, water and kansui (a type of alkaline mineral water containing sodium carbonate, potassium carbonate and phosphoric acid). Kansui is the distinguishing ingredient, giving ramen noodles their yellowish hue and firm texture.

This recipe transforms plain ramen noodles into a tempting stir fry, taking advantage of the Market's bounty of late summer veggies. The veggies add delightful color, crunch and nutrients. Swap out your own choice of seasonal veggies! Or add diced cooked chicken or other meat for a heartier version.

Ingredients

2 tsp. oil	1 ear of corn, kernels cut off the cob
2 cups broccoli, cut into bite size pieces	1 cup water
1 carrot, thinly sliced	1 package ramen noodles, any flavor
1 bell pepper, cut into bite size pieces	½ cup teriyaki or stir fry sauce

Directions

1. Clean and prepare veggies.
2. Heat oil in skillet over medium-high heat until hot. Add broccoli, carrot, bell pepper and corn; cook and stir 3 minutes. Add water; increase heat to high.
3. Add noodles to water. Discard seasoning packet or save for another use. Cover; cook 3 min.
4. Stir in teriyaki or stir fry sauce. Cook and stir 1 to 2 minutes or until vegetables are crisp-tender and mixture is thoroughly heated.

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