

Chinese HandPulled Noodles

Jacob · 30/09/2024



Prep Time

45 mins

Difficult

Easy

Servings

1 hr 55 mins

Description

This Chinese handpulled noodles recipe a tradition from Lanzhou in Northwest China require just 3 ingredients and a lot of patience to make Called lamian you can serve the noodles in your favorite Chinese broth for a delectable and warming meal But be warned they are not easy to make and take years of experience to perfect but keep trying

Ingredients

— - 8 cups all-purpose flour - 2 ½ cups water - ¼ cup vegetable oil

Instructions

1. Place flour in a large bowl and gradually mix in water. Mix until dough comes together; knead until smooth
2. 15 to 20 minutes. Cover with plastic wrap and let rest for 15 minutes. Knead dough again for 2 minutes; cover and let rest for 15 minutes. Knead dough one more time for 2 minutes. Divide into 4 equal pieces. Roll each piece into a 3/8-inch-thick sheet. Brush both sides of each sheet with oil. Stack sheet together; cover with plastic wrap and let rest for 10 to 15 minutes. Fill a large saucepan with water and bring to boil. Place one sheet of dough on a cutting board and slice into 1/8-inch-wide strips. Take one end of a strip in each hand and stretch it until it is 30 to 35-inches long. Fold it in thirds and stretch again to the same length; shake and slap against the counter several times to lengthen it to 2 to 3 yards. Drop it into boiling water. Add 2 to 3 more strips of noodles to boiling water; cook until tender
3. 5 to 10 minutes. Transfer drained noodles to a serving bowl. Repeat with remaining sheets of dough. Tips
Be warned: This is a difficult recipe to make. It takes a lot of experience as you need to know what the dough texture should feel like for each major phase of the noodle making.