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By **Jennifer Bain**
 Food Editor

Toronto chef Winlai Wong made this childhood favourite for the Recipe for Change fundraiser in May. The [Spice Route](#) chef says: "Noodles are thought to symbolize a long life and to nourish the soul."

The second annual event Recipe for Change helps [FoodShare's](#) Field to Table Schools program, which has already developed curriculum-linked cooking, gardening and composting workshops.

Crispy e-fu noodles are kept in the refrigerated noodle area of Asian



Spice Route chef Winlai Wong cooked at FoodShare's Recipe for Change

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supermarkets. The 9-inch (23-cm) round package is wrapped in cellophane.

Spice notes and other tips are located at the bottom of the recipe for a change fundraiser in May.

HANDOUT

Braised E-Fu Noodles With King Oyster Mushrooms

1/2 carrot, peeled, julienned

200-g (7-oz) package e-fu noodles (fried egg noodles)

3 tbsp (45 mL) canola oil

1 cup (250 mL) vegetable stock

1 tbsp (15 mL) each: vegetarian oyster sauce, soy sauce

1 tsp (5 mL) golden cane sugar or granulated sugar

4 king oyster mushrooms, trimmed, julienned

1 tbsp (15 mL) Shaoxing cooking wine or vegetable stock

1/2 lb (125 mL) snow peas, trimmed

1 tsp (5 mL) each: mushroom soy sauce, sesame oil

In large pot of boiling water, cook carrots 30 seconds. Remove with slotted spoon to bowl. Add noodles to pot. Cook 1 minute, stirring and pushing under water with wooden spoon. Drain well. Lay noodles on baking sheet (to prevent clumping and breaking). Drizzle with 1 tbsp (15 mL) canola oil.

Meanwhile, in small bowl or measuring cup, stir together 1 cup (250 mL) stock, vegetarian oyster sauce, soy sauce and sugar.

Heat wok over medium-high. Add remaining 2 tbsp (30 mL) canola oil. Add mushrooms. Cook, stirring, 2 minutes. Add cooking wine or stock. Cook, stirring, 30 seconds. Add noodles and stock mixture. Toss with tongs until noodles are well coated. Add carrots and snow peas. Stir-fry 1 minute. Stir in mushroom soy and sesame oil; toss well.

Makes 4 to 6 servings.

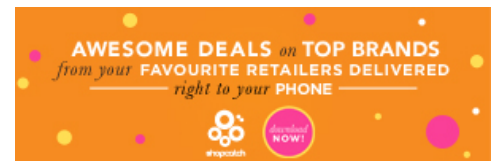
Star-tested by Jennifer Bain

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