

**Ingredients:**

AMOY Lo Mein or Chow Mein Noodles 5 lbs

(Thaw noodles by blanching in hot water for 2-3 minutes cool under cold water and set aside)

Pork, trimmed of fat and cut into thin strips 5 lbs
(chicken can be substituted)

Garlic Marinade - Mix together and marinade the pork for 15 minutes

Soy Sauce 2/3 cup

Rice Wine 1/2 cup

Minced Garlic 1/2 cup

Sugar 1/4 cup

Vegetable or Peanut oil 1 cup

Minced Ginger 2/3 cup

Sliced Mushrooms 1 1/4 lbs

Green Onions - cut into 1-inch sections 2 bunches

Mung Bean Sprout, blanched A few

Lo Mein Sauce - Mix together

Chicken Broth 3 quarts

Rice Wine 1 1/4 cups

Soy Sauce 2 cups

Sesame Oil 3 Tbsp

Sugar 3 Tbsp

Ground black Pepper 1 1/4 tsp

Corn Starch 3/4 cup

Preparation:

1. In a bowl, marinate the pork in the garlic marinade, toss to coat.
2. Cook the marinated pork in 1/2 cup of Vegetable or Peanut Oil and set aside.
3. Add the remaining 1/2 cup of Oil, and heat until hot. Sauté the ginger, mushrooms and green onions about 1 minute. Add the Lo Mein sauce and cook, stirring constantly to prevent lumps, until thickened (approx. 1-2minutes). Add the noodles and pork and toss lightly. Garnish with bean sprout. Transfer to serving platter.