

## Vegetable Stir Fry Noodle (Cap Cay Noodle)

Here is my video of how to make it:

<https://www.youtube.com/watch?v=g7Kxsnwy66o>

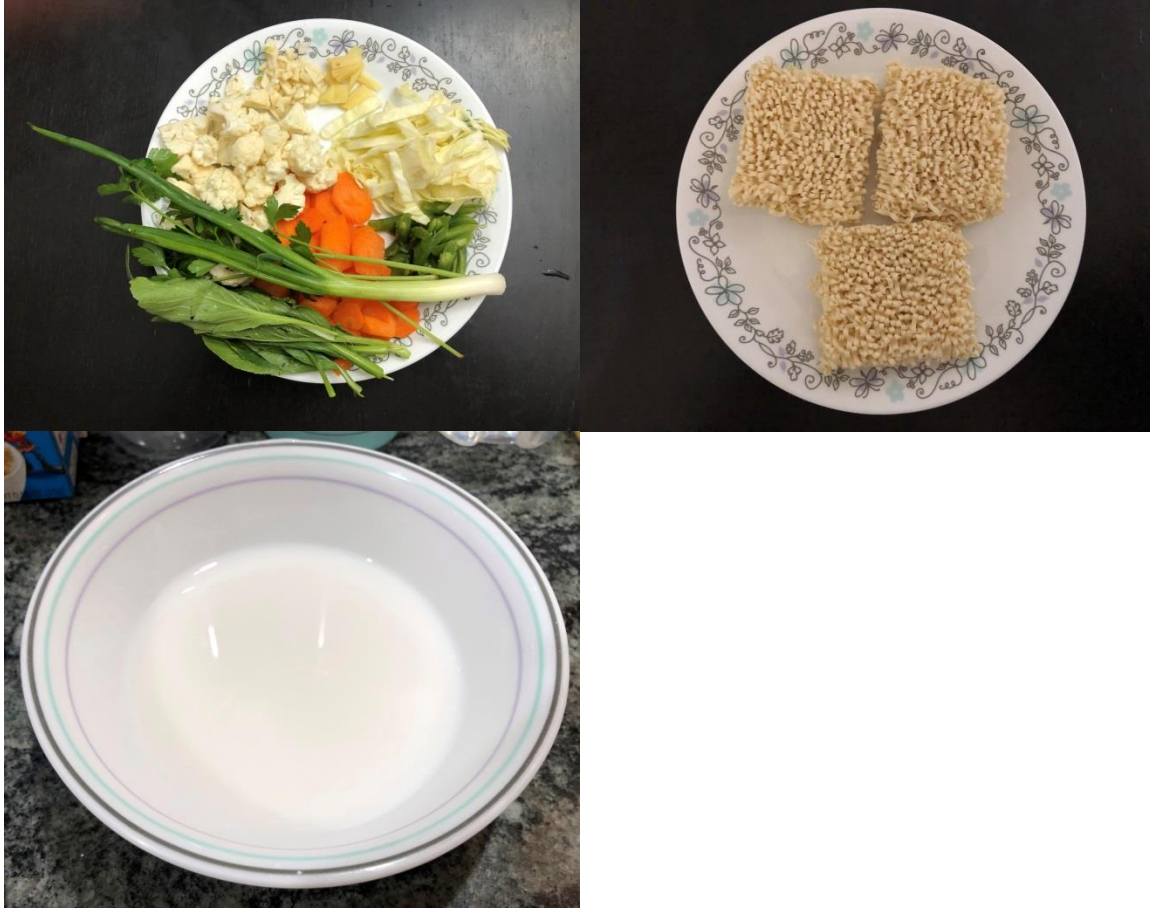


## Introduction

Being far away from old home country forces me to learn how to cook by myself for I have to feed my husband and two sons. There are a lot of tutorials for cooking. I always compare and contrast several tutorials (until now) and form my own style of cooking. I know it is very hard to find the rightest tutorial, especially for someone who does not have background experience in cooking at all. Because I love cooking, I never give up in learning how to cook. Therefore, I would like to share my own experiences, so you will never struggle like me anymore for cooking.

In this instructables, I would like to share how to cook Cap Cay. It is very easy to make it. With various vegetables in our fridge, we can make this dish. Let me tell you a little background of Cap Cay dish. The word Cap Cay originated from Hokkien province in China. It has literally meaning, which is mixed ten vegetables. Cap Cay dish is popular among Chinese Indonesians. Noodle and Cap Cay (Vegetable stir fry) are two favorite family dishes. These two dishes can be combined into one enjoyable dish. This dish can become a new favorite food for the whole family.

Usually, I cook Cap Cay using meat, such as beef, chicken, pork, and Asian meatballs. Due to this vegan challenge, I omitted all the meats as the ingredients. Turnout, the result of meat-free stir fry noodle is as great as with meat. Here is the recipe.



Ingredients:

Noodles

1 large carrot (sliced thin diagonally)

Cabbages (sliced thin)

Green beans (sliced thin)

½ medium-sized head of cauliflower

1 green onions, minced

[Choy sum \(Fresh Green Mustard\)](#)

1 clove garlic, minced

1 clove ginger, minced

1 tablespoons corn oil

2 tablespoons [soy sauce](#) (you can use any soy sauce, but I like Lee Kum Kee Soy Sauce most because the taste is the best.)

2 tablespoons [sesame oil](#) (you can use any sesame oil, but I use Maruhon sesame oil, because the taste is best and not bitter.)

Salt

Sugar

1 teaspoon white pepper

1 tablespoon [tapioca starch](#) (you can substitute with cornstarch)

Water

Celery for garnish

## Step 1 – Tendering Carrots and Cauliflower

Bring to full boiling water in a saucepan. After boiling, put the carrots and cauliflower into the saucepan. Remove the saucepan from the stove when the carrots and cauliflower are tender. It will take 3-4 minutes to tender. It will be faster when you put the saucepan's lid. Set aside.



## Step 2 – Boiling Noodles

Boil water in the saucepan. After boiling, put the noodles and stir with chopsticks until noodles are soft and cooked through. Bring out the noodles by using strainer from the saucepan. Set aside.



## Step 3 – Preparing Tapioca Starch or Cornstarch Mixture

In a bowl, add water to tapioca starch or cornstarch and stir it. Make sure tapioca starch or cornstarch dissolve in the water.



## Step 4 – Cooking the Dish

In a large wok, add the corn oil over high heat. Add garlic and ginger. Stir fry until both garlic and ginger become yellowish and fragrant.

Add cabbage, green bean, and choy sum.

Add carrots, cauliflower, and green onions. Sauté 2-3 minutes until all the vegetables are almost tender.

Add soy sauce, salt, white pepper, and sugar. Stir it.

Add water and bring it to boil.

Pour the tapioca starch or cornstarch mixture into the wok and stir it until the sauce has thickened.

Remove from the heat and serve the dish onto the noodle on the plate.

Garnish with celery if desired.



