

# LOBSTER YEE MEIN

SERVES 4, 50 MINUTES

RECIPE CARD

## INGREDIENTS

1 RAW LOBSTER (ABOUT 1KG)  
115 GRAMS OF YEE MEIN OR E-FU NOODLES  
1.5 CUPS OF WATER  
1 TABLESPOON CORN STARCH  
(USE MORE IF YOU PREFER A THICKER SAUCE)  
2 STALKS OF SCALLIONS  
(CUT INTO 3-4 CM LENGTHS)  
10 - 12 SLICES OF PEELED GINGER  
3 TABLESPOONS OF COOKING OIL  
(ADDITIONAL COOKING OIL FOR FRYING)

### SAUCE:

2 TABLESPOONS OYSTER SAUCE  
1 TABLESPOON SOY SAUCE  
1/8 TEASPOON WHITE PEPPER POWDER  
1.5 TEASPOONS SUGAR  
1/2 TEASPOON SESAME OIL  
1 TABLESPOON SHAOXING WINE  
(OR SUITABLE ALTERNATIVE)

# PREPARATION

1. CLEAN THE LOBSTER AND CHOP INTO PIECES. LIGHTLY CRACK THE LOBSTER SHELL IN ADVANCE. BLOT THE LOBSTER DRY WITH PAPER TOWELS.
2. HEAT UP A POT OF BOILING WATER AND BOIL THE YEE MEIN ACCORDING TO PACKET INSTRUCTIONS. MAKE SURE NOT TO OVER BOIL THE YEE MEIN. DRAIN AND SET ASIDE ON A BIG PLATE / SERVING BOWL.
3. IN A BIG WOK OR DEEP SKILLET, HEAT UP 3 TABLESPOONS OF COOKING OIL. STIR-FRY THE GINGER UNTIL AROMATIC AND DROP IN LOBSTER.
4. STIR CONTINUOUSLY UNTIL LOBSTER STARTS TURNING RED, THEN ADD IN THE SAUCE, FOLLOWED BY THE WATER.
5. CONTINUE TO STIR AND COAT THE SAUCE, THEN COVER THE WOK/SKILLET WITH LID AND WAIT FOR A COUPLE MINUTES OR UNTIL THE LOBSTER PIECES ARE COOKED THROUGH. (DO NOT OVERCOOK THE LOBSTER AS IT WILL TURN RUBBERY IN TEXTURE)
6. REMOVE THE LID AND ADD THE CHOPPED SCALLIONS INTO THE LOBSTER. ADD SALT TO TASTE IF NEEDED. TRANSFER THE LOBSTER OUT AND POUR ONTO THE BED OF YEE MEIN.
  - IF DESIRED, YOU CAN USE LOBSTER HEAD TO DECORATE THE DISH. SIMPLY BOIL IN HOT WATER UNTIL IT HAS COOKED THROUGH.