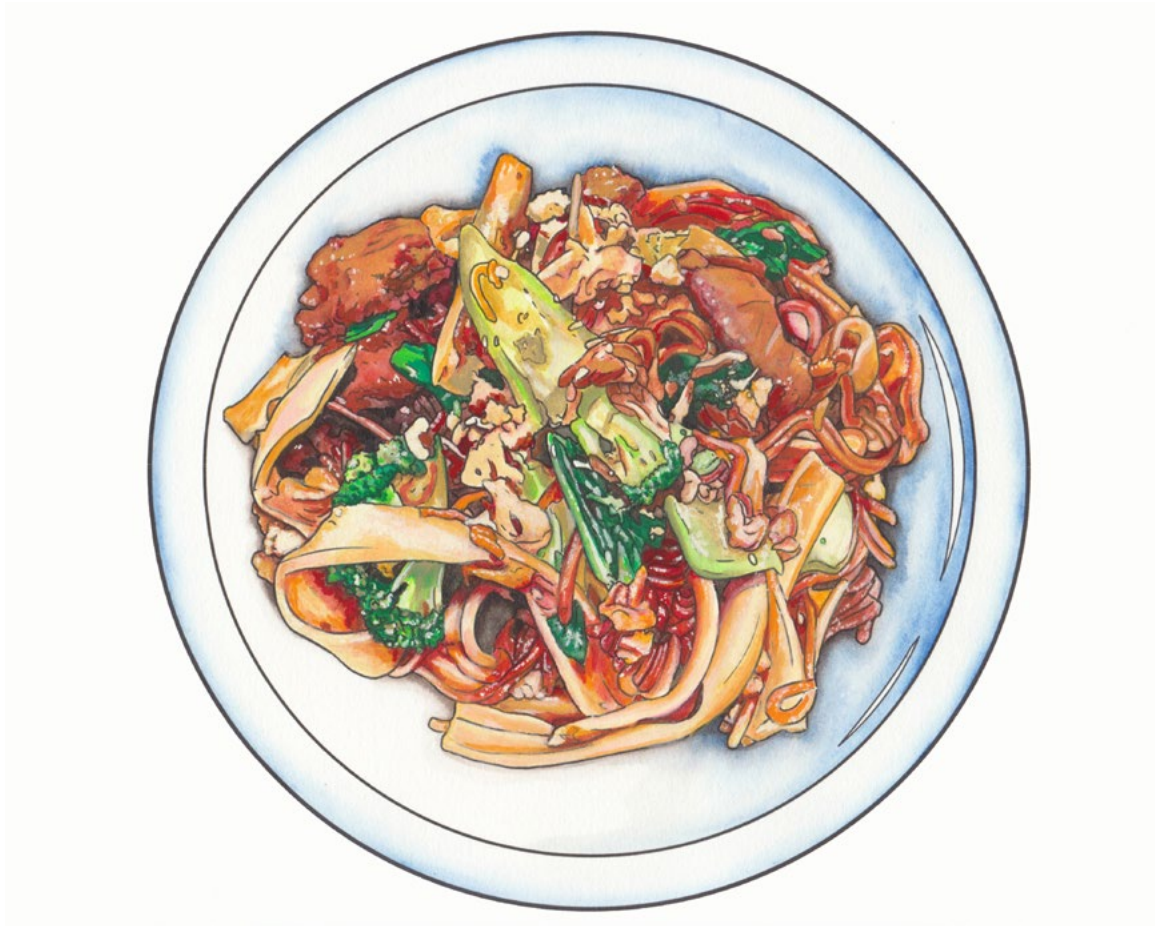


## Heinrich Toh • Beef Chow Fun (Fried Rice Noodles)

With the vast variety of Asian dishes that I actually do cook, this Beef Chow Fun Noodles has to be one of my favorite comfort foods. It is probably one of the most popular Asian noodle dishes—with different variations based on your cultural background—in Southeast Asia.

A fairly easy dish to put together, vegetables or meat can easily be substituted depending on what is available. This is my modified version of a classic dish that never fails to remind me of home. It's definitely a dish that I would serve while hosting dinner parties with its different levels of sweet and salty flavors. This was one of the dishes I made during a dinner party I hosted when I first met Jave Yoshimoto.



*Jave Yoshimoto, [Heinrich Toh's Beef Chow Fun](#), 2021, ink, watercolor and gouache on paper, 9" x 12".*

# Beef Chow Fun Recipe

## Ingredients:

- 32 ounce bag of fresh rice noodles (found in the refrigerated section of most Asian grocery stores)
- 1 pound broccoli, chopped bite size.
- 1 pound choy sum, sliced to about 3-inch strips.
- 4 spring onions, sliced
- 1 tablespoon garlic, chopped
- 1 onion, sliced
- 2 tablespoons vegetable oil
- 1 tablespoon peanut oil
- 2/3 pounds sliced beef, sirloin

## Marinade:

- 2 tablespoons Chinese cooking wine
- 1 tablespoon low sodium light soy sauce
- 2 tablespoons oyster or mushroom sauce
- 2 teaspoons corn starch

## Directions:

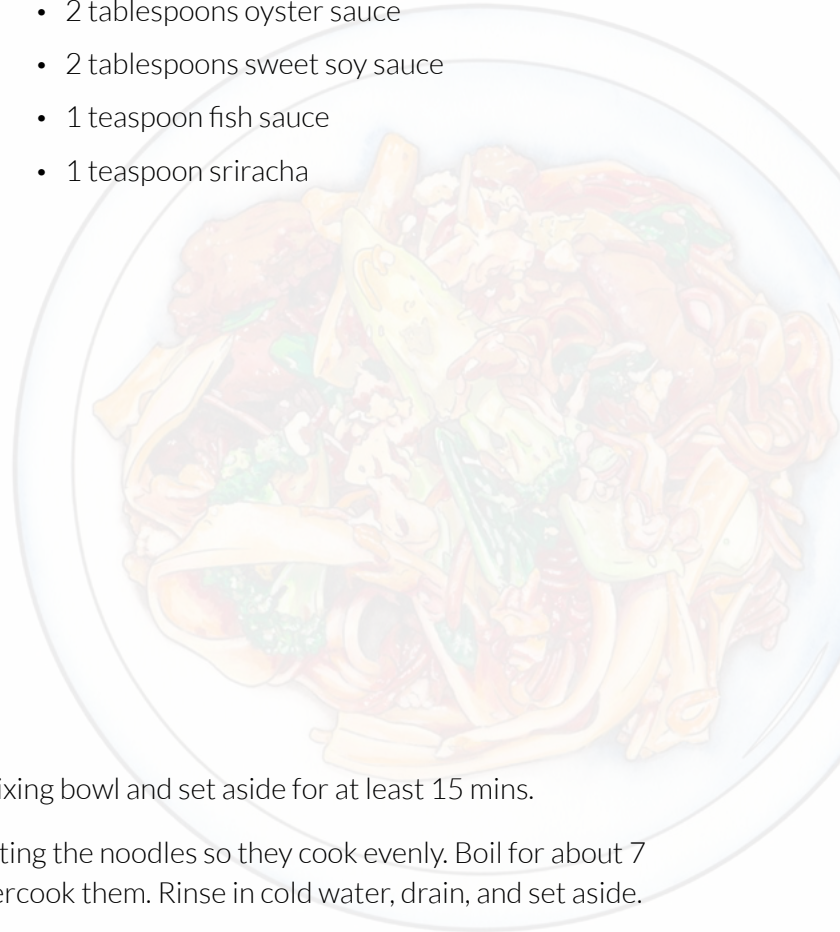
1. Marinate slices of beef with the marinade in a mixing bowl and set aside for at least 15 mins.
2. Place rice noodles in pot of boiling water, separating the noodles so they cook evenly. Boil for about 7 minutes or until al dente being careful not to overcook them. Rinse in cold water, drain, and set aside.
3. In a wok or large nonstick skillet fry garlic in 1 tablespoon of vegetable oil over medium heat until fragrant. Add the marinated beef and vegetables and stir fry for about a minute. Remove and set aside.
4. Heat 1 tablespoon of vegetable and 1 tablespoon of peanut oil over medium to high heat, add noodles, frying them for a minute before adding all the remaining sauces, tossing until noodles are evenly covered and seared.
5. Return the beef and vegetables to noodles and fry for another 2 minutes adding green onions before serving.

Serves: 4

Cook time: 40 mins.

## Sauce for noodles:

- 1 tablespoon low sodium light soy sauce
- 2 tablespoons dark soy sauce
- 2 tablespoons oyster sauce
- 2 tablespoons sweet soy sauce
- 1 teaspoon fish sauce
- 1 teaspoon sriracha



## Heinrich Toh



Heinrich Toh is a printmaker and educator based out of Kansas City. He is a graduate of the Cleveland Institute of Art and the La Salle College of the Arts in Singapore where he grew up. His work is in public and private collections that include the Nelson Atkins Museum of Art, the Kemper-Albrecht Museum, Truman Medical Center, the Loews Kansas City Hotel, Dell Children's Medical Center in Austin, and the University Hospital in Cleveland. When not making art, he loves spending time in the kitchen creating culinary bedlam.

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Heinrich Toh, *Dawning Wonder #Z*, 2020, monoprint, paper  
lithography on Rives BFK paper, 30" x 30".