

Xi'an Biang Biang noodles

Thick, broad, hand-pulled noodles seasoned with chilli, garlic and Sichuan pepper, Xi'an Biang Biang noodles offer a delectable taste and texture.

Prep Time	Cook Time	Rest	Total Time
20 mins	10 mins	1 hr 10 mins	1 hr 40 mins



5 from 146 votes

Course: Main Course Cuisine: Chinese Servings: 2 servings

Calories: 709kcal Author: Wei Guo

Ingredients

For the noodles

- 250 g all-purpose flour about 2 cups
- 125 ml water ½ cup+2 teaspoon (see note 1)
- ¼ teaspoon salt
- cooking oil for coating the dough

For the seasoning

- 3 tablespoon cooking oil
- 1 tablespoon scallions finely chopped
- 2 teaspoon garlic minced
- Chilli flakes to taste
- Chilli powder to taste
- ¼ teaspoon ground Sichuan pepper
- Salt to taste
- 2 teaspoon light soy sauce
- 1 tablespoon black rice vinegar

You may also need

- 1 head bok choy or other green leafy vegetables

Instructions

Prepare the dough

1. Mix flour, water and salt by hand (or a stand mixer with a dough hook). Knead until well combined and very smooth (See note 2).
2. Divide the dough into 8 equal pieces. Knead each one again and roll it into a gherkin shape.
3. Thoroughly coat each dough piece with oil then place them on a plate (or in a container). Cover with cling film then leave to rest for 1 hour (See note 3).

Pull the noodles (please refer to the video in the post content above)

1. Heat up a pot of water. While waiting, flatten each dough piece into a rectangle shape with a rolling pin.

2. When the water begins to boil, start the process of noodle pulling.
3. Press the dough in the middle lengthways using a rolling pin or a chopstick.
4. Hold each end of the dough and pull gently until it stretches to your preferred thickness.
5. Put the noodle on a surface. Break it apart from the middle line to make a loop.

Cook the noodles

1. Put the noodle into the boiling water. Repeat the procedure to pull other noodles. Cook four noodles at a time (It takes about 1 minute to cook through) then place in a serving plate (bowl).

Season the noodles

1. Place scallions, garlic, chilli flakes, chilli powder, Sichuan pepper and salt on top of the noodles.
2. Heat up the oil. When it starts to smoke, pour it over the scallion, garlic, etc.
3. Add soy sauce and vinegar. Stir to coat the noodles evenly.

Optional vegetable

1. To make it healthier, you may blanch some green leafy vegetables, such as Pak Choy or spinach, and serve with the noodles.

Notes

1. Please be aware that measuring flour by cups is less accurate and the flour water ratio may vary depending on the brand of your flour. Adjust accordingly. The finished dough should be medium firm and smooth.
2. You may find it difficult to achieve a smooth dough kneading with hands. If so, leave it to rest for 15 minutes then knead a second time.
3. You can store the dough in the fridge for next day use. After taking out of the fridge, make sure you allow enough time for the dough to go back to room temperature before pulling.

Nutrition

Serving: 1serving | Calories: 709kcal | Carbohydrates: 107g | Protein: 21g | Fat: 24g | Saturated Fat: 2g | Polyunsaturated Fat: 33g | Monounsaturated Fat: 5g | Trans Fat: 1g | Sodium: 646mg | Potassium: 1225mg | Fiber: 8g | Sugar: 6g | Vitamin A: 18796IU | Vitamin C: 191mg | Calcium: 470mg | Iron: 9mg

Xi'an Biang Biang noodles by Wei Guo @ Red House Spice

Recipe URL: <https://redhousespice.com/biang-biang-noodles/>