

FC's Chee Cheong foon (Rice Noodle)



Frank – 4 Guys and a Tomato

Event: 12/8/2020

Inspired by: The Dim Sum Experience

A popular steamed soft rice noodle with filling as part of the dim sum experience. Popular fillings such as BBQ pork, shrimp, or marinated beef are often used. Can be easily tailored to your tastes.

Ingredients:

The Foon (Rice Noodle):

- 1 cup [rice flour](#)
- 1 tbsp. [wheat starch](#)
- 1 tbsp. [tapioca starch](#)
- 1/4 tsp salt
- 1 tbsp. cooking oil
- 2 cups water

Filling options: (add 1 green onion chopped to these fillings)

- 8 oz. Chinese BBQ pork stir fried with 1 tsp. oyster sauce, 1 tsp. sesame oil, 1 tsp. soy, thickened the 1 tbsp. corn starch slurry.
- 8 oz. marinated ground beef (1 tbsp. cornstarch, 1 tsp. light soy, 1 tsp. dark soy, 1 tsp. oyster sauce, ½ tsp. sesame oil, 2 tbsp. cold water)
- 8 oz. shrimp (21-25), marinated with (1/4 tsp. sesame oil, ¼ tsp. salt, ½ tsp. cornstarch, ¼ tsp. white pepper) steamed for 2 minutes

The Sauce:

- 2 Tbsp soy sauce
- 2 tsp sugar - adjust accordingly to your taste
- 2 tsp sesame oil
- 2 Tbsp water

The Tools:

1. pastry scraper - https://www.amazon.com/Food-safe-Flexible-Practical-Multipurpose-Scrappers/dp/B07W1KQDKJ/ref=sr_1_7?dchild=1&keywords=pastry+scraper&qid=1606769513&s=home-garden&sr=1-7
2. wok + cover + tray or large steamer - https://www.amazon.com/Cooks-Standard-NC-00233-Multi-Ply-Stainless/dp/B00421AYKE/ref=sr_1_2?dchild=1&keywords=wok+with+dome+lid&qid=1606769593&s=home-garden&sr=1-2
3. non stick baking tray - https://www.amazon.com/Wilton-Perfect-Results-Premium-Non-Stick/dp/B07328J6QJ/ref=sr_1_4?dchild=1&keywords=nonstick+baking+pan+8x8&qid=1606769487&s=home-garden&sr=1-4
4. large bowl for cold water - https://www.amazon.com/Update-International-MB-3000HD-Mixing-Heavy/dp/B007WAC428/ref=sr_1_4?crid=1HN2SE8AI2VLO&dchild=1&keywords=large+stainless+steel+mixing+bowl&qid=1606769457&s=home-garden&sprefix=large+stainless+%2Cgarden%2C250&sr=1-4
5. Folding hot dish clip - https://www.amazon.com/gp/product/B00KDYU0FI/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B00KDYU0FI&linkCode=as2&tag=thwoofli08-20&linkId=IDCOY6HI6DBNPUYK
6. oil spray - https://www.amazon.com/Original-No-Stick-Cooking-natural-Canola/dp/B001BIXKLQ/ref=sr_1_3?dchild=1&keywords=pam+oil+spray&qid=1606945208&sr=8-3

Directions:

Prepare the sauce:

Place all ingredients for the sauce in a small saucepan and bring to a boil and cook until the sugar melts. Remove from the heat and let it cool down while you make cheung foon.

Fill the large bowl with water and ice cubes to keep it cold.

Prepare foon:

Fill the large bowl with water and put some ice cubes in it to keep it cold, why?, warmed foon will stick and it will be hard to scrape off the pan.

The Process loop:

Prepare a steamer (big enough to harbor an 8 inches tray). Put a metal trivet on top. Pour water in, not touching the metal trivet. Bring the water to a rolling boil

Mix all the ingredients for the batter.

Give the batter a good stir EVERY TIME, why? The flour tends to settle at the bottom after a while, before you ladle it up and also check water level and see if you need to refill before starting to steam. You cannot refill water when you are in the middle of steaming the cheung fun.

Pour the batter on the preheated pan until it is covered. It's about 3-4 tbsp. depending on the size of your pan.

Cover with a lid and steam for 1 minute to solidify then put filling on left side of pan.

Steam for an additional 4 minutes for a total of 5 minutes.

The cheung foon will turn slightly translucent and bubbly on certain spots

Cool down the cheung fun (why?):

- Remove the pan from the steamer and place it on top of the water you filled up in the bowl for 1 minute. This step is very important. The roll will be sticky if you try to roll it when it's warm

Roll the foon:

- Use a scraper to gently roll it up or fold it up from one end. The roll shouldn't stick to the pan anymore

- This is how it looks like all folded up



- clean the pan with a paper towel or cloth
- spray the pan with oil

repeat

Questions?