

# Chinese Home Cooking with Mei

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## *Chinese Noodle Soup for the Soul*

Friday April 9th, 2021  
5pm Pacific Time // 8pm Eastern Time

### Shopping List

*Pantry items (Chinese-cooking staples used in this recipe):*

- cooking oil (grape seed, canola, or vegetable. no olive oil please)
- soy sauce
- chicken stock (low-sodium or unsalted)
- [Chinkiang vinegar](#)
- Chinese pickled vegetable (*ya cai*)  
(substitute options: kimchee or sauerkraut)
- chili crisp (suggest [Lao Gan Ma](#) or [Fly By Jing](#))
- sesame oil
- ground sichuan pepper or sichuan pepper oil (suggest [50Hertz](#))
- Asian noodles - fresh or dry - wheat, buckwheat, or rice  
(suggest thicker than angel-hair)

*Fresh ingredients:*

- 1 lb. minced chicken or pork  
(for vegetarian substitute w/eggs and tomatoes or garlic chives)
- 1 lb. pea vine (substitute options: arugula or baby spinach)
- 2 lb. broccoli
- 2 in. fresh ginger root
- 1 stalk green onion (optional)
- 1 bunch fresh cilantro (optional)

### Other Preparation

*Cooking equipment:*

- wok
  - spatula
  - medium-sized pot
  - mesh strainer
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