

Peter Looi's Hand Pulled Noodles

Noodle pulling requires great patience and much practice. If you don't succeed the first time, try and try again!

Apron recommended — it'll get a little messy!

INGREDIENTS

250g all purpose flour

1/4 tsp salt

160g water

4g nutritional yeast (non leavening yeast)



DIRECTIONS

1. **Combine** all ingredients in a bowl.
2. **Rest** for 2-3 hours.
3. Repeatedly **stretch and fold** the dough for 15 minutes. After 5 minutes, if the dough is not stretchy enough to stretch and fold, incorporate 10g more water into the dough and restart the 15 minutes. Repeat again if the dough is still not stretchy.
4. **Coat** the dough in flour.
5. **Stretch** the dough out long, and bring the two ends together in your left hand. Put your right hand in the middle of the loop, and stretch the two noodles. Repeat the stretching and folding until you have 32 noodles.
6. Immediately **boil** in water for 30 seconds.
7. **Cool** noodles completely in cold water. Ready to eat!