



As part of the filming we did last week we took up the challenge to produce a three course meal for around our usual daily budget. We normally just have one large main course each and pick at leftovers.

So although nobody will be interested in me typing up yet another stir-fry recipe. I thought it might be fun to let you into a little secret we discovered. There are quite a few starch based dry goods with will behave like Popadums if you throw them into your deep fat fryer. One of our favourites are Glass Rice Noodles from the local Asian Supermarket. They added a bit of visual interest and crunch, but also bulked the dish out for a few pence.

Method:-

- (1) Pre-heat the fryer to 170c.
- (2) Once the Oil is hot test your noddles by throwing a short length in. If it puffs and pops up dramatically all is good.
- (3) Fry small batches and drain over kitchen paper.
- (4) Use to dress the top of Asian dishes and sprinkle with a little Paprika for colour.