



Grass Jelly Crystal Noodles

Ingredients:

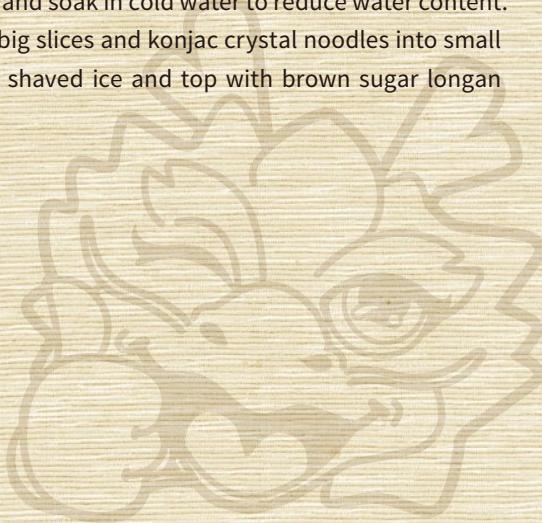
2 small packs of Long kow Konjac crystal noodles, suitable amount of grass jelly, large red beans and shaved ice

Seasonings:

Brown sugar longan honey

Method:

1. Soak konjac crystal noodles in water until it softens, put in boiling water for 3-4 minutes, and soak in cold water to reduce water content.
2. Cut grass jelly into big slices and konjac crystal noodles into small slices. Mix them with shaved ice and top with brown sugar longan honey.



Kanten jelly in almond milk concentrate

Ingredients:

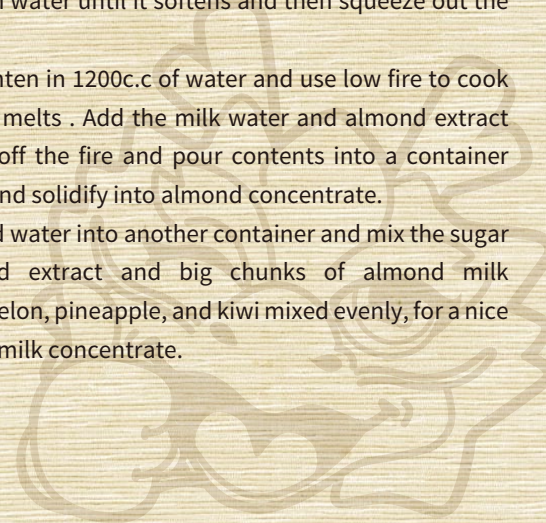
1 pack of Long kow thin Kanten (15g), 1500c.c. of water, 1/2 cup of milk water, 2 tablespoons of almond extract

Flavorings:

Watermelon, Pineapple, Kiwi, 1 cup of sugar, 3 tablespoons of almond extract, 2000c.c. of cold water

Method:

1. Soak the Kanten in water until it softens and then squeeze out the water content.
2. In a pot, place kanten in 1200c.c of water and use low fire to cook while stirring until it melts. Add the milk water and almond extract mixing it well. Turn off the fire and pour contents into a container letting it cool down and solidify into almond concentrate.
3. Fill 2000 c.c. of cold water into another container and mix the sugar evenly. Add almond extract and big chunks of almond milk concentrate, watermelon, pineapple, and kiwi mixed evenly, for a nice bowl of fruit almond milk concentrate.





Taiwanese Style Rice Noodles Soup

Ingredients:

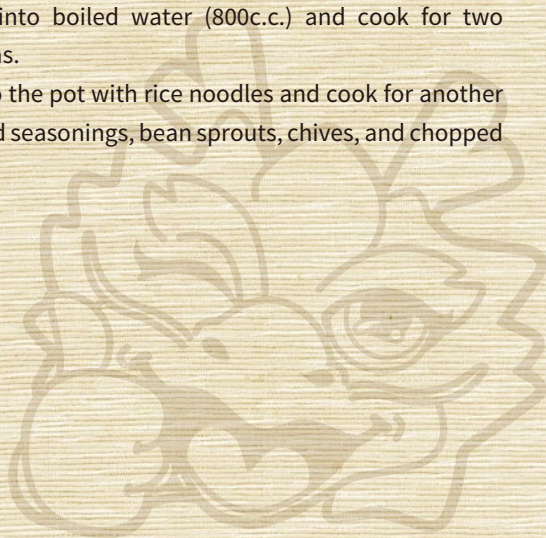
1/3 pack of Long Kow Hsinchu rice noodles, suitable amount of pork belly depending on personal preferences, 2 tablespoons of chopped green onion, bean sprouts, a small amount of chives

Seasonings:

Suitable amount of salt, pepper and chicken powder

Method:

1. Put rice noodles into boiled water (800c.c.) and cook for two minutes until it softens.
2. Add pork belly into the pot with rice noodles and cook for another two minutes, then add seasonings, bean sprouts, chives, and chopped green onions.



Taiwanese Style Cold Vermicelli

Ingredients:

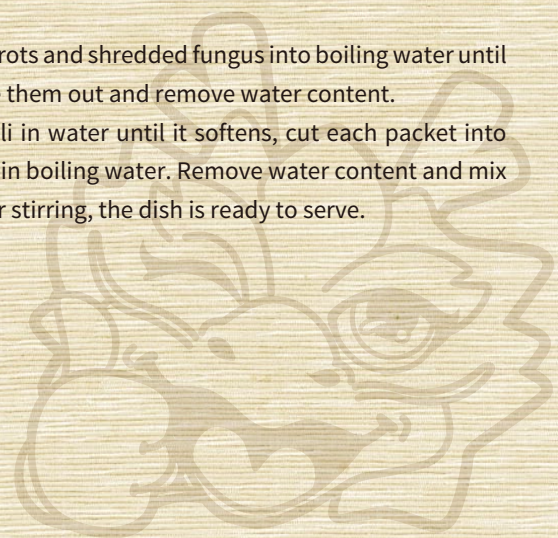
3 packets of Long kow thin vermicelli, 1/2 tablespoons of shredded carrots, shredded cucumber, shredded eggrolls, and shredded fungus

Seasonings:

1 teaspoon of salt, small amount of pepper, 4 tablespoons of sesame oil

Method:

1. Place shredded carrots and shredded fungus into boiling water until they are cooked, take them out and remove water content.
2. Soak the vermicelli in water until it softens, cut each packet into two pieces and place in boiling water. Remove water content and mix with seasonings. After stirring, the dish is ready to serve.





Thai style Cold Crystal Noodles

Ingredients:

Long Kow Organic Crystal Noodles, preferred amount of hot pot beef slices, small tomatoes, bean sprouts, basil, lettuce, several crushed peanuts

Seasonings:

4 tablespoons of fish sauce, 2 tablespoons of sugar, 3 tablespoons of lemon juice, 1 teaspoon of minced garlic, 1/2 cup of cold water

Method:

1. Place the crystal noodles in boiling water and cook for 5 minutes. Remove the noodles and place it in cold water, then take it out and remove water content.
2. Briefly cook the beef in boiling water and remove when ready.
3. Place the lettuce, crystal noodles, beef slices, tomatoes, bean sprouts, and basil in the bowl, then spread crushed peanuts and pour fish sauce on top of the ingredients. After stirring, the dish is ready to serve.



Healthy Vermicelli Pot

Ingredients:

2 packets of Long Kow chlorophyll Bean Vermicelli, Hong Xi mushrooms, Enokitake mushrooms, tomatoes, cauliflower, preferred amount of pumpkins and a small amount of shrimp

Flavorings:

Salt, a little pepper, 800c.c of soup stock

Method:

1. Place the vermicelli in cold water until it softens, then remove from water. Separate, wash, and dice each ingredient.
2. Turn the stove heat to low and boil the broth. Place the vermicelli and the ingredients in a pot and cook for 3 minutes. Add flavoring and seasonings and mix well.



Japanese Dressing Salad

Ingredients:

1 small packet of Long Kow thin vermicelli, suitable amount of Chinese yam, tomato, corn, sprouts and asparagus, 1 tablespoon of pan-fried pine nuts

Seasonings:

A suitable amount of Japanese salad dressing

Method:

1. Cut the vermicelli into two shorter segments, fry in oil until enlarged. Drain off excess oil and place on clean plate.
2. Peel the Chinese yam and cut into thick strips. Boil asparagus (or okra with stem removed).
3. Slice the tomato and corn.
4. Layer ingredients above the fried vermicelli, sprinkle the pine nuts, add dressing.



Korean Style Cold Vermicelli

Ingredients:

2 packets of Long Kow Bio Garden organic vermicelli, marinated beef, kimchi, cucumber, yellow bean sprout, seaweed, pine Nuts, a small amount of lettuce

Seasonings:

2 tablespoons of Korean hot sauce and Mirin

Method:

1. Put vermicelli in cold water until it softens. Boil for 5 minutes.
2. Remove boiled vermicelli from water and drain.
3. Shred cucumber; boil the bean sprouts until softens; lightly fry the pine nuts until golden.
4. Mix all ingredients in a large bowl, add sauces and toss.



Braised Pork Meatballs Casserole

Ingredients:

3 packets of Long Kow chlorophyll broad bean threads, 450g of ground pork, 6 water chestnuts, 1 bowl of sticky rice, 1 egg, shredded green onion, 1 Napa cabbage

Seasonings:

2 tablespoons of soy sauce, 1 teaspoon of salt and pepper, 6 tablespoons of water, 1 tablespoon of potato starch, chicken stock powder

Method:

1. Dice water chestnuts and mix with ground pork, sticky rice, and other seasonings.
2. Portion the mix into 6 balls of equal size.
3. Peel the Napa cabbage into large pieces. Wash.
4. Scramble the eggs, fry until crispy and golden.
5. Soak vermicelli in cold water until softens, cut into smaller segments.
6. Place meatballs and Napa cabbage into a clay pot. Cook for 30 minutes.
7. Add the vermicelli into the clay pot. Season. Garnish with green onion and serve.



Fresh Shrimp Vermicelli Casserole

Ingredients:

6 shrimp, 3 packets of Long Kow Japanese Vermicelli, diced green onions, 2 tablespoons of ginger

Flavorings:

1 tablespoon of soy wine (caution: when using alcohol, please do not operate vehicles), 4 tablespoons of vegetarian mushroom oyster oil, 1/2 teaspoon of pepper, 1 cup of water

Method:

1. Cut the hairs off and devein the shrimp. Quickly stir fry in hot oil and place aside.
2. Soak the Japanese vermicelli, then cut in half.
3. Sauté diced green onions, ginger, and soy wine in a pan.
4. Add in soy wine and vermicelli. Stir fry, then place into a casserole.
5. Place the shrimp on top and cover the pot, then turn on low heat and cook until broth reduces. The vermicelli will swell and become chewy.
6. Before removing the pot from heat, sprinkle with scallions. Serve while it's hot.



Vermicelli Salad Topped with Mentaiko

Ingredients:

1 packet of Long Kow Bio Garden organic vermicelli, fresh lettuce, cherry tomatoes, pineapple
Mentaiko (Shrimp roe)

Seasonings:

Japanese salad dressing

Method:

1. Soak vermicelli in cold water until softens.
2. Boil vermicelli for 5 minutes, remove from pot and dunk in cold water.
3. Drain vermicelli and cut into smaller pieces.
4. In a small dish, assemble rest of ingredients and dress with Japanese salad dressing. The dish is ready to serve.



Clay pot Curry Crab Vermicelli

Ingredients:

2 crabs, 3 packets of Long Kow Japanese Vermicelli, 2 tablespoons of grated ginger and flour, 2 tablespoons of Chopped scallions

Seasonings:

1 tablespoon of wine (caution: when using alcohol, please do not operate vehicles), 1 tablespoon of curry powder, 1 teaspoon of salt, a small amount of pepper, 2 cups of soup stock

Method:

1. Soak the Japanese vermicelli in water until it softens, then cut into two pieces.
2. Scrape the lungs from the crabs and wash thoroughly. Cut into 4 pieces, and coat the cuts on each piece with thin layer of flour. Pan-fry until the crab turns slightly yellow.
3. Add 4 tablespoons of oil, sautéed diced green onions, grated ginger, and pour some wine into the pan. Then add curry powder and stir-fry on small heat.
4. Add the vermicelli to stir-fry with the seasonings.
5. Add a little oil into the slow cooker and heat on small fire. Add step 3 into the cooker, add the stir-fried crab pieces and cover the lid. Use a small fire to steam until the juices become slightly dry. Sprinkle scallions before removing the pot.



Sichuan beef Broad Threads

Ingredients:

2 packets of Long Kow organic broad threads, 600g of beef tendon heart, a small amount cabbage

Flavorings:

1 tablespoon of peppers, 2 tablespoons of spicy bean paste, 2 tomatoes, 1 star anise, 2 onions, 5 pieces of ginger, soy sauce, salt, chicken powder

Method:

1. Cut the beef tendon into slices and blanch for later use.
2. Wash and cut the cabbage into inch pieces. Blanch the tomatoes and then remove the skin and cut into pieces.
3. Add 5 tablespoons of oil to the pan, and stir-fry the peppers, onions, and star anise. Add 3 more tablespoons of oil into the pan and add the slices of tomatoes, spicy bean paste. Mix until it bubbles, then put the beef tendon in and add 2000c.c. of water. When it starts to boil, change the fire to small and cook for 80 minutes.
4. Add the flavoring and mix evenly. This will be the beef soup.
5. Add water into a pot and after it boils put the organic wide vermicelli in. Cook for approximately 5 minutes, and then place it into a big bowl. Now add the cabbage, beef soup, and beef tendon for a completed and delicious dish.



Pig Intestine Vermicelli

Ingredients:

2 packets of Long Kow Japanese vermicelli, 600g of pig intestine, 8 pieces of fried tofu, 1 tablespoon of preserved vegetables, 2 tablespoons of celery, a small amount of spicy dried cabbage, 3.75g of poria, 2 pieces of angelica, 2 pork bones

Flavorings:

Salt, chicken powder, a small amount of angelica wine

Method:

1. Repeatedly scrub the pork intestine with salt and flour until it is completely covered. Use water to rinse until clean and blanch in boiling water.
2. Blanch the pork bones in boiling water.
3. Place pork bones into 3000c.c. of water and cook until boils, add the heated pork intestine, and cook on medium low fire for 1 hour until it softens.
4. Filter the broth and add the fried tofu to cook for a few minutes. Then add the softened Japanese vermicelli, cut the pork intestines into small pieces, and continue to cook the preserved vegetables for 3 minutes. Add flavoring and mix evenly.
5. Before removing from the stove, add angelica wine, and add diced celery on top.



Hot and Sour Seafood Vermicelli

Ingredients:

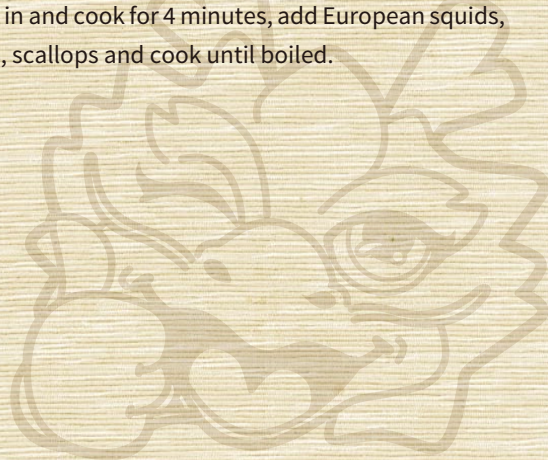
2 packets of Long Kow Organic Broad Threads, a small amount of European squids, shrimp, pink muckets, scallops and some basil.

Seasonings:

3 tablespoons of Thai chutney, 4 lemon leaves, 1 lemongrass

Method:

1. Soak Vermicelli in water until it softens. Cut European Squids into pieces. Make sure to wash sand off pink muckets.
2. Place 1600c.c. of water into a pot, and add seasonings until water boils. Place vermicelli in and cook for 4 minutes, add European squids, shrimp, pink muckets, scallops and cook until boiled.



Vegetarian Fried Vermicelli

Ingredients:

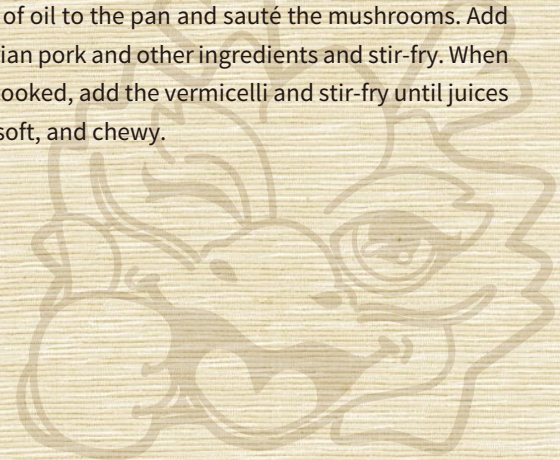
2 packets of Long Kow Chlorophyll broad bean vermicelli, mushrooms, shredded vegetarian pork, vegetarian ham, black fungus, bean sprouts, shredded carrots, a small amount of celery

Flavorings:

Salt, pepper, 1 tablespoon of sesame oil, 1 cup of water

Method:

1. Soak the vermicelli until it softens and then cut into two sections.
2. Shred each ingredient and have it ready for use.
3. Add 5 tablespoons of oil to the pan and sauté the mushrooms. Add the shredded vegetarian pork and other ingredients and stir-fry. When everything is evenly cooked, add the vermicelli and stir-fry until juices become slightly dry, soft, and chewy.





Stir-Fried Bean Vermicelli with Ground Pork

Ingredients:

3 packets of Long Kow vermicelli, 225g of ground meat, diced green onions. 2 tablespoons of grated ginger

Flavorings:

2 tablespoons of soy sauce, salt, half a teaspoon of black pepper, 2 cups of water, and 1 tablespoon of oil

Method:

1. Heat a pan with oil in it. Put the vermicelli in the pan using a medium-high fire, frying until it becomes slightly yellow, then take it out.
2. Add 4 tablespoons of oil and sauté the diced onions, grated ginger, and ground meat into the pan. Add flavoring into the pan and stir-fry together. Add the soft vermicelli and cook until the juices become slightly dry. Before removing it from the stove, add sesame oil and place diced onions on top.



Eight Treasure Vermicelli

Ingredients:

2 packets of Long Kow Japanese vermicelli, 75g of shrimp, 150g of fish paste, lily, black fungus, 2 tablespoons of shredded bamboo shoots, 1 tablespoon of preserved vegetables, 1 tablespoon of diced celery, 1000c.c. of large bone soup.

Flavorings:

Salt, chicken powder, a small amount of pepper

Method:

1. Soak the vermicelli until it softens and cut into two sections. Devein and wash the shrimp, and then dry it.
2. Soak the lily until it softens and tie it. Wash the preserved vegetable and shred the black fungus.
3. Put the fish paste into a big bowl, put some water on your left hand, and grab the fish paste. Using your right hand, peel strips of fish paste into boiling water, and cook until it floats to the surface, and remove from the water.
4. Boil the soup in the pot, when it boils, add the vermicelli, fish paste soup, lily, black fungus, and shredded bamboo shoots, then boil for 3 minutes. Add the preserved vegetables and flavoring and cook for a moment. Before removing from stove, add diced celery and pepper.



Vermicelli Pancakes

Ingredients:

1 packet of Long Kow Japanese Vermicelli , 2 eggs , 2 cup of flour, 75g of ground meat, 2 tablespoons of shrimp, 1 tablespoon of diced green onions, 2 tablespoons of carrots, 6 tablespoons of water

Seasonings:

1.5 teaspoons of salt, 1 teaspoon of pepper

Method:

1. Sauté ground meat and shrimp for later use.
2. Soak the vermicelli in water and boil until it softens, and take it out right away to remove water content. Cut into small pieces.
3. Mix all the ingredients and seasonings together to become pancake's fillings.
4. In a saucepan, pour three tablespoons of oil and place pancake fillings in to cook until both sides turn yellow.
5. Cut into pieces and eat with sweet chili sauce.



Shrimp Lettuce Wraps

Ingredients:

1 packet of Long Kow Bean Vermicelli, suitable amount of shrimp, 3 mushrooms, 4 water chestnuts, 1 teaspoon of fried pine nuts, 1 tablespoon of soy beans, diced green onions, and ginger, 8 pieces of lettuce

Seasonings:

1/2 teaspoon of salt, 1/3 teaspoon of pepper

Method:

1. Devein and clean mud off shrimp, wash till clean, dry up and cut into pieces.
2. Soak mushrooms in water until soften and cut into small pieces. Cook water chestnuts until boiled and cut into small pieces.
3. Put vermicelli in the pan and fry under high temperature until it becomes slightly yellow. Drain oil off vermicelli and place it on a plate.
4. Put Shrimp in a pan with some oil, cook for a bit and remove it to drain aside.
5. In another pan, sauté diced green onions and ginger with two tablespoons of oil first, then add mushrooms, water chestnuts to stir-fry for a bit. Finally, mix the seasonings with cooked soy beans and shrimp and place on vermicelli.
6. Take suitable amount of lettuces to wrap with seasoned minced shrimp.