



New India Food Store

Gateway to Real Indian Taste

Pansit Palabok **RECIPE**

(Estimated cooking and preparation time: 2 hours)



Cooking Instructions

- 1) Extract fat and meat from clean crabs, set aside.
- 2) Pound crab and extract juice on 1 1/2 cups of water
- 3) On a pan, sauté garlic and onions until golden brown then add crab fat, crab meat, 1 1/2 cups of crab wash, patis and MSG. Bring to a boil and simmer for 10 minutes.
- 4) Add corn starch and continue to simmer while constantly stirring until thick.
- 5) Put miki or palabok noodles in a strainer and dip in boiling water for 5 minutes or until cooked.
- 6) Lay drained noodles on a platter and pour the palabok sauce. Garnish with toppings and serve.

Cooking Tip

Use Mama Sita's palabok Mix for the palabok sauce.

Ingredients

Palabok Noodles/Sauce

- 1/2 kilo miki or palabok noodles
- 1/2 kilo small crabs
- 5 cloves of garlic, minced
- 1 onion, chopped
- 2 tablespoons of atsüete seeds or oil or powder (desired colour)
- 2 tablespoons of patis (fish sauce)
- 4 tablespoons of cornstarch, dissolved in water
- 1 teaspoon of monosodium glutamate (MSG)
- 1 1/2 cups of water

Palabok Toppings

- Tinapa flakes (smoked fish)
- Cooked shrimps, shelled
- Squid adobo, sliced into rings
- Pork chicharon, grounded
- Spring onions, chopped
- Hard boiled eggs, shelled, sliced
- Fried garlic, minced
- Fresh calamansi (lemon), sliced