

SWEET AND SOUR SOUP NOODLE BOWL #SAUCYMAMA2015 #RECIPECONTEST

Sweet and Sour Soup Noodle Bowl is an Asian inspired recipe. It is the sauciest and most delectable recipe I've made thus far, utilizing *Saucy Mama's* specialty food products.



The flavors were so spot on, that I'm choosing this sweet and sour soup as my entry for the Saucy Mama's 2015 Recipe Contest...Category: FRESH. Let's hope that the judges enjoy this sweet and sour soup recipe creation as much as I do, and offer me a Golden Ticket to the 2015 World Food Championships.

Poaching the chicken in an easy homemade broth and, combined with the sweet orange-essence, and spicy kick from *Saucy Mama's Orange Habanero Wing Sauce*, elevates this dish to restaurant quality dining; and the easy of making the recipe offers the perfect opportunity to be made in every home cook's kitchen.

What makes these specialty food products so delicious is the creative mind of Suzie Barhyte. Suzie, painstakingly creates each recipe in her Pendleton, Oregon test kitchen paying special attention to detail and freshness of ingredients. She really is the sauciest of Mama's!

Barhyte is also part of the *Blue Sky Renewable Energy* program; and their entire *Saucy Mama*, *Haus Barhyte* and Suzie's product lines are manufactured using renewable energy.

I'm honored to be a part of this contest no matter the outcome, as I've had the chance to taste a few of Saucy Mama's delicious mustards and sauces as well as, work with a company that cares so deeply about creating such a fine product line.

I HOPE THAT YOU ENJOY THIS SWEET AND SOUR SOUP NOODLE BOWL RECIPE!



Asian Inspired-Sweet and Sour Soup Noodle Bowl

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Serves 4

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Prep Time

10 min

Cook Time

1 hr 10 min

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10 min

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1 hr 10 min

Ingredients

1. 1 cup Saucy Mama's Orange Habanero Wing Sauce
2. 3 large chicken breast
3. 3 medium carrots
4. 1 medium onion
5. 1 cup rough chopped fennel bulb
6. 3 1/4 inch slices fresh ginger
7. 4 smashed garlic cloves
8. 2 serrano chili (1 for garnish)
9. 4 cups water plus more to equal 6 cups after broth is finished cooking
10. 1 8 ounce package rice or ramen noodles (I prefer rice)
11. 1/2 teaspoon fish sauce (found in most local markets)
12. 1/4 teaspoon chinese five spice
13. 1 teaspoon sesame oil
14. 1 teaspoon toasted sesame seeds
15. 1 bunch fresh cilantro

16. pepper to taste

Vietnamese pickles (optional)

1. 1 10 ounce package shredded carrots
2. 1 cup distilled white vinegar
3. 2 cups warm tap water
4. 1/2 cup sugar
5. 1 teaspoon salt

Step #1

1. Wash and pat chicken dry with paper towel, sprinkle with pepper (fish sauce is very salty, no extra salt is necessary in this step)
2. In a medium saucepan, over medium heat combine water and chicken breast
3. Rough chop carrot, onion, fennel, and slice serrano chili in half lengthwise.
4. Peel and slice ginger
5. Smash garlic cloves, remove dry skin
6. Place all rough chop items in pot with chicken, stir to combine
7. Bring to a boil, reduce heat to medium, and cook covered for 35-40 minutes, stirring occasionally

Step #2

1. Remove chicken breast, and set aside to cool slightly before slicing
2. Using a tong or large spoon, remove and discard cooked vegetables taking care to drain them over the saucepan
3. Strain hot liquid through a fine sieve into a large bowl (a large glass measuring bowl is great for this step)
4. Measure liquid
5. Add enough warm tap water to make 6 cups total liquid, return to saucepan
6. Add 1 cup Saucy Mama's Orange Habanero Wing Sauce, whisk to combine
7. Season broth with fish sauce, and chinese five spice
8. Cook over medium heat for 5 minutes to allow flavors to combine

Meanwhile

1. Cook rice or ramen noodles to manufacturer's instructions, strain and evenly distribute noodles into 4 separate bowls
2. Thinly slice chicken breast and remaining serrano chili

To Serve

1. Pour equal amounts of hot broth over noodles, add equal amount of sliced chicken to each bowl, Garnish each bowl with cilantro, a few drops of sesame oil, serrano chili, a few sprinkles of sesame seeds and serve with vietnamese pickles (optional)

Vietnamese Pickles

1. In a medium bowl combine warm water and vinegar

2. Add sugar and salt, stir until dry ingredients are dissolved
3. Add carrots to bowl, stir to combine
4. Cover and rest in refrigerator 1 hour or overnight.
5. Pickles last up to four weeks in the refrigerator

By Rebecka Evans

At Home with Rebecka <http://athomewithrebecka.com/>

The Giveaway: Barhyte Specialty Foods is providing one (1) package featuring three Saucy Mama products (except olives) as an audience prize.

The first person that can answer the following question correctly, will be our winner. You'll have to do a little research to find the answer and in the process find out more about our sponsor, *Saucy Mama's and Barhyte Foods*.

Leave your answer in the comments section below. I'll contact the winner to discuss their choice of Saucy Mama products. Visit this [LINK](#) to view list of featured products.

Here's a little Saucy Mama history to help you get started: Way back in the eighteenth century, *Jacobus Barhyte*, a Southern German immigrant and pioneer settler of Yaddo, – now known as Saratoga Springs, New York – created our original sauce...

Question: What is the name of the first sauce Jacobus Barhyte created?

