

Four types of noodles

Look for dried Asian noodles in the international section of the supermarket or in an Asian market.



Bean threads (*saifun* or cellophane noodles). Thin, wiry dried noodles, made from the starch of mung beans, turn clear and slippery when cooked in water or puffy and crisp when deep-fried. Neutral flavor.



Rice noodles (rice sticks, *mai fun*, *mi fun*). Dried white noodles, made from rice flour, vary from whisker-thin to about $\frac{1}{4}$ inch wide. When cooked in water, they turn opaque and tender; when fried, they puff and crisp. Mild rice flavor.



Soba. Buckwheat and wheat flour infuse thin, tan Japanese noodles with robust, earthy flavor.



Wheat noodles (Chinese noodles or Oriental noodles, *mein*). Available in many forms, these all-purpose noodles taste similar to spaghetti and go by many names.