

# Bam-i (Pancit Bisaya)

## A recipe from Fr Junjun Amaya PP, Wodonga

This dish is popular in my home province of Cebu, the Philippines, where it is a favourite dish at parties and gatherings. Unlike other noodle dishes, Bam-i is a combination of two kinds of noodles, *Pancit Canton* (Chinese Style) or Flour Stick noodles and *Sotanghon* or Golden Bihon Noodles.

I like this dish because it is easy to make, its ingredients are readily available and, though the quantity of each ingredient is not that great, when cooked, this dish can easily feed a party of 8-10 people with a side of steamed rice.

You can also add more variety of vegetable ingredients if you wish. In the original recipe of this dish, there are more ingredients suggested. The ones I listed here are the ones I usually use when I prepare this personal favourite dish.

### Ingredients:

500g chicken stir fry (*breast*) or 500g pork cut in cubes (*Having both chicken and pork is also an option*).

200g-250g prawns (*I prefer frozen prawns with tail off*). More prawns can be added if preferred.

225g Chinese Noodle (*Philippine style – available at some Coles supermarket*) or flour stick Canton noodles

200g *Sotanghon*/Golden Bihon or Bean thread vermicelli (*Glass noodles*) – (*soaked in water minutes prior to actual cooking*).

1 cup of carrots or 2 pcs carrots (*julienne*)

1 cup of cabbage (*shredded*)

150-200g broccoli (*cut in small pieces*)

1 green medium-sized capsicum (*cut in thin strips*)

1 red medium-sized capsicum (*cut in thin strips*)

100g white sliced mushrooms (*optional*)

1 small/medium-sized Onion (*diced*)

4 cloves garlic (*crushed*)

1 cup Soy sauce

1/3 cup Oyster sauce

4 tbsp Olive/cooking oil

1 chicken stock cube (*my preference*) or 1 ½ to 2 cups of chicken stock powder (*1 tsp= 1 cup of hot water*)

Salt (*if needed*)

1 teaspoon Ground black pepper

3 cups water (*if chicken stock cube is used*) OR 1 ½ to 2 cups water (*if chicken stock powder is used*)

## Method

1. Heat cooking oil in a wok/cooking pot/deep frying pan.
2. Sauté garlic and onions.
3. Add the chicken and/or pork. Stir and cook for 3 to 4 minutes.
4. Add soy sauce. Add carrots. Mix and stir. Cook for 2 to 3 minutes.
5. Add prawns and the Oyster Sauce. Mix and stir. Cook for 2 minutes.
6. Add the capsicum. Mix and stir. Cook for 1 to 2 minutes.
7. Add mushrooms (*if preferred*). Stir and mix well.
8. Add 3 cups water (*if chicken stock cube is used*) **OR** 1 1/2 cups water (*if chicken stock powder is used*).
9. Bring to a boil and simmer.
10. Then add chicken stock cube or the 1 ½ cup of chicken stock powder (*dissolved in hot water*).
11. Then add the broccoli. Let it cook for 1 to 2 minutes.
12. Then add the cabbage in the mix. Mix well. Let it cook for 1 to minutes.
13. Add the (*drained*) Bean vermicelli (*Glass noodles*). Mix well.
14. Then add the Chinese Noodle (*Philippine Style*) or the Flour stick noodles.
15. Add salt *if needed*.
16. Then add Ground Black Pepper. Mix well and let it cook for 3 minutes or until the liquid is absorbed.

This serve caters for 8 to 10 people.

Enjoy your meal!