Cold Sesame Noodles With Crunchy Vegetables

By [Mark Bittman](https://cooking.nytimes.com/search?q=Mark+Bittman&action=click&module=byline&region=recipe%20page)

* YIELD4 servings
* Notes: A good summer dish, but it needs some oomph, unless you prefer somewhat bland food. The hot sauce helps. I added a teaspoon of chili garlic sauce, a clove of fresh garlic, and a little more vinegar to the sauce. More ginger would help, too. I used only one teaspoon of sugar. I added cold chicken, and, like others suggested, I blanched the snow peas. Cold shrimp or drained tofu would work, too

INGREDIENTS

* Salt
* 4 cups chopped fresh crunchy raw vegetables: snow peas, bell peppers, cucumbers, scallions
* 12 ounces fresh Chinese egg noodles or long pasta like linguine
* 2 tablespoons dark sesame oil
* ½ cup tahini, peanut butter or a combination
* 2 tablespoons sugar
* 3 tablespoons soy sauce, or to taste
* 1 teaspoon minced fresh ginger (optional)
* 1 tablespoon rice or white wine or other vinegar
* Hot sesame oil or Tabasco sauce to taste
* ½ teaspoon freshly ground black pepper, or more to taste

PREPARATION

1. Bring a large pot of water to a boil and salt it. Prepare the vegetables: trim, seed, peel as necessary and cut into bite-size pieces. Reserve in a container until ready to use.
2. Cook the noodles in the boiling water until tender but not mushy. When they’re done, rinse in cold water, then toss with a little sesame oil. Store in one or more containers.
3. Whisk together the sesame oil and tahini, sugar, soy, ginger, vinegar, hot oil and pepper in a large bowl. Thin the sauce with hot water until it’s about the consistency of heavy cream; you will need 1/4 to 1/2 cup per serving; store as desired.
4. When you’re ready to eat, toss a portion of the noodles and a portion of the vegetables; top with sauce and stir to coat.