

# Garlic Noodles

Serves 4-6 | 5 minutes prep + 15 minutes cook time

To introduce American diners to Vietnamese flavors in the 1970s, chef Helen An tweaked the classic Italian pasta with garlic and olive oil with fish sauce. She called her cross cultural spaghetti garlic noodles, and in the 50 years since she created the dish it's become a standard at San Francisco's Vietnamese restaurants.

Like its inspiration, the simple pasta dish uses a few ingredients loosened with a splash of the starchy pasta cooking water to coat the noodles, putting the pasta itself up front. This is my favorite kind of pasta, so I wanted to make it. But I've been experimenting with nutritional yeast lately, looking for outlets for its umami-boosting power beyond popcorn, so I tried using nootch instead of Parmigiano.

And instead of the chopped garlic, I pulled out a bottle of Karam's garlic sauce. This Lebanese-style toum, the mayo-like emulsion of garlic, olive oil, and lemon juice, is perfect when you want a quick hit of garlic without chopping a single clove. I think of Woon's stir fry sauce as oyster sauce on steroids, so a shot of it along with our favorite fish sauce provided another umami boost.

## **1 lb Valdibella Spaghetti alla Chitarra**

**¼ cup extra virgin olive oil**

**2 tablespoons nutritional yeast**

**2 tablespoons Karam's garlic  
sauce**

**2 tablespoons Woon's stir fry  
sauce**

**1 teaspoon Red Boat fish sauce**

**Salt to taste**

**Step 1** Bring a large pot of well-salted water to a boil and cook the pasta. Drain, reserving at least a cup of the cooking water, and return the noodles to the pot.

**Step 2** While still hot, add the olive oil and about ¼ cup of the cooking water while stirring vigorously. Add the nutritional yeast, stir again until it dissolves, then add the remaining ingredients and stir well.

**Step 3** Add more of the pasta cooking water a spoonful at a time to loosen the sauce if it seems too thick. Taste and add salt if needed. Serve immediately.