

Champong

Garlic (3-5 cloves per serving)
Olive oil
Powdered red pepper (1 teaspoon or more per serving)
Shrimp (without shell)
Scallops
Squid
Octopus
Mussels (in shell)
Cuddle fish
Clams
Beef stock
Oriental noodles (highly recommend frozen, raw-dough noodles instead of the hard, dry ramen-type noodles)

Highly recommend Japanese-type soup bowls (a bowl that holds approximately 3-4 cups of water with room to spare)

Cut up seafood into bite size portions and divide so that each serving has an equal amount (approximately 2 cups per serving) of each type of seafood used. Set aside.

Make a beef broth (approximately 2 cups per individual serving) and bring to a low boil. You can add garlic, red pepper etc. to broth depending on personal taste. Crush garlic to a fine mush. Heat oil in wok and sauté garlic and red pepper in oil (red pepper powder burns easily, be attentive). Once broth is boiling, boil seafood for approx 3-minutes (no longer than 3-minutes) and set aside. Cook noodles, rinse well in cold water and add to bowls. Sauté seafood in garlic and red pepper for 2-3 minutes. When done, pour over noodles. Add broth to noodles and seafood and enjoy.

Alternate:

- Chinese cabbage
- Green onions
- Carrots
- Ginger

If vegetables are used add them to boiling broth about the same time you sauté the seafood in the garlic and red pepper. Only boil for 2-3 minutes. Pour broth with vegetables over noodles and seafood.