

Chow Mein vs Lo Mein (vsdiff.com)

Aspect	Chow Mein	Lo Mein
Primary technique	Stir-fried and often pan-fried to crisp some noodles (dry finish)	Tossed with sauce after boiling; noodles remain soft and <i>slick</i>
Noodle type	Thin, sometimes crispy; egg or wheat-based	Thicker, chewier wheat noodles that hold sauce
Texture	Variable: from slightly browned to distinctly crisp	Consistently soft and saucy
Sauce	Light coating; sauce often cooks off during fry	More sauce by volume; glossy, <i>thicker</i> coating
Typical origin	Cantonese-American adaptations; popularized late 19th–20th century	Cantonese street/restaurant style; became common in overseas Chinese cuisine
Common service	As a separate dish or side with crispy edges	As a main dish where noodles are the vehicle for sauce

Source: <https://vsdiff.com/chow-mein-vs-lo-mein/>