

Bamboo Shoots Salad Recipe

Ingredients: Serves 2

1 lettuce stem
1 fresh bamboo shoot
1 tablespoon chopped scallion

Seasonings:

½ tablespoon sesame oil
pinch of salt

Method:

Peel skin from lettuce stem, then cut to small cubes. Mix with ½ teaspoon of salt (extra), marinate for 10 minutes. Rinse clean with drinking water. Drain. Boil bamboo shoot to done, peel and then cut to small cubes. Heat ½ tablespoon of sesame oil and oil in the wok, turn off the heat. Put scallion in immediately, then add lettuce stem and bamboo shoot, mix evenly with some salt. The traditional way to make scallion oil is pouring about 3 tablespoons of very hot oil on top of some scallions in order to generate aroma. In general, this method requires less oil, but it creates the most aroma.

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