

Buddhas Delight Recipe

Ingredients: Serves 4-6

40g (about 1 cup) baby bok choy or boy choy hearts
80g (about 1/3 cup) bean sprouts, brown tips removed
Four 1/4-inch-thick slices peeled lotus root (cut crosswise)
40g canned ginkgo nuts (about 1/4 cup), drained
1 cup trimmed sugar snap peas
A scant 1/4 cup dried tree ears, soaked in hot tap water until softened, drained and each torn in half
1/4 cup canned straw mushrooms, drained
1/4 cup dried lily buds, soaked in hot tap water until softened, drained
1/3 cup sliced water chestnuts
1/4 small red capsicum, seeds and ribs discarded, cut into strips about 1 1/2 inches long and 1/4 inch wide
2 tablespoons dark sesame oil
2 scallions, white part only, trimmed and sliced diagonally into 1/4-inch pieces
6 large or 10 small garlic cloves, peeled and sliced 1/8 inch thick
2 tablespoons soy sauce
1 tablespoon sugar
1 tablespoon Chinese black or balsamic vinegar

Method:

Bring a large saucepan of water to a boil over high heat. Add the bok choy and cook for 10 seconds. Then add the bean sprouts and lotus root, and cook for 5 seconds. Add the ginkgo nuts, sugar snap peas, tree ears, straw mushrooms, dried lily buds, water chestnuts and capsicum. Return to a boil and cook for 1 minute. Drain in a colander. Run cold water over the vegetables until they have cooled, about 3 minutes. Place the colander on a plate or bowl to catch the excess water and refrigerate until the vegetables are well drained and chilled, at least 30 minutes. Heat a large wok over high heat. Add the sesame oil, then the scallions and garlic, and stir-fry just until the garlic is fragrant without brown, about 10 seconds. Transfer to a small bowl. Place the chilled vegetables in a serving bowl. Add the sesame oil mixture to the vegetables. Combine the soy sauce, sugar and vinegar in a small bowl, stirring to dissolve the sugar, and pour over the vegetables. Toss well, and serve immediately.

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