

Deep-Fried Fu-Chuk Roll Recipe

Ingredients:

8 Shitake mushrooms, soaked and shredded
5 dried oysters, soaked and shredded
10 button mushrooms, shredded
10 straw mushrooms, shredded
5 waterchestnuts, peeled, shredded
50g golden mushrooms
10g black fungus, soaked, shredded
5g fatt choy, soaked
2 pieces 20cmx20cm dried soya bean skin (fu-chuk)
2 satay sticks

Seasonings:

1 tablespoon oyster sauce
½ tablespoon light soy sauce
1 teaspoon sugar
½ teaspoon salt
100 ml water
1 tablespoon cornflour water, for thickening

Method:

Deep-fry dried soya bean skin in hot oil, dish up and soak into water until soft. Drain. Blanch the remaining ingredients, dish up. Heat up 2 tablespoons oil, add in all ingredients and stir-fry until fragrant. Add in all seasoning and simmer for 5 minutes. Thicken with cornflour water. Dish up, leave to cool and divide into 2 parts. Put 1 part of filling onto a piece of fried soya bean skin and roll. Fix with satay stick. Heat up oil for deep-frying, deep-fry fu-chuk rolls until golden brown. Dish up and drain. Cut into slices and serve.

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