

Lor Hon Chai Recipe

(Buddha's Vegetarian Feast Recipe)

Ingredients: Serves 4-6

20 mange-tout, topped and tailed
20 French beans, sliced
1 large carrot, sliced thinly
12 Chinese mushrooms, soaked in hot water for an hour and halved
1 can straw mushrooms, drained
1 can ginkgo nuts, drained
1 can lotus seeds, drained
200 g bok choy (Chinese cabbage), cut into broad strips
4 pieces sweet beancurd wafers (tim choke), rinse in warm water and cut into thin strips
small handful of black moss fungus (fatt choi)
4 tablespoons vegetable oil
3 cloves garlic, crushed
5 slices ginger
3 cubes fermented red beancurd (lam yee)
2 tablespoons hoi sin sauce
2 tablespoons light soy sauce
1 liter (4 cups) water

Method:

Wash and cup up all vegetables. Rinse and thoroughly drain straw mushrooms, ginkgo nuts, and lotus seeds. Rinse beancurd wafers in warm water and snip into 1-cm (½-inch) wide strips with scissors. Soak black moss fungus in tepid water for 5 minutes, then drain well. Heat oil in a wok over high heat and fry garlic and ginger for 1 to 2 minutes, until fragrant. Reduce heat to low and add fermented beancurd. Mash lightly with wok ladle and add hoi sin sauce, soy sauce, and all vegetables. Stir well and add water. Bring to a boil and simmer for 25 to 30 minutes or until gravy is rich and thick and vegetables are tender. Serve hot.

Note: This can keep for several days refrigerated. Reheat fully to serve.