

Mushroom Stew Vegetables Recipe

Ingredients:

225 g beef, cut into thin strips
1 onion, peeled and sliced
1 leek, sliced
1/2 carrot, sliced
2 red chilies, sliced
5 Shiitake mushrooms, stems discarded and sliced
100 g enoki mushrooms, ends trimmed
100 g oyster mushrooms, torn into shreds
70 g hon shimeiji mushrooms, ends trimmed and sliced
750 ml water or beef stock
Salt or light soy sauce to taste

Seasoning:

1 tablespoon light soy sauce
2 teaspoons minced garlic
2 teaspoons ground black pepper
1 teaspoon sugar
1 tablespoon sesame oil

Method:

Mix beef well with seasoning. Arrange beef, onion, leek, carrot, chilies and mushrooms neatly in a 5-cm deep, heavy-based pan or casserole dish. Pour in water or beef stock gently over the ingredients so as not to spoil the arrangement. Then sprinkle with salt or light soy sauce. Bring to the boil before serving. Garnish as desired. At the table, mix the ingredients up before ladling into individual serving bowls. Eat with rice.

[asian_free_recipes_download][/[asian_free_recipes_download](#)]