

Stewed Bamboo Shoots Recipe

Ingredients: Serves 4

5 jiao-bai bamboo shoots (about 600g)

Seasonings:

1 tablespoon soy sauce

a pinch of sugar

Method:

Peel the hard skin from jiao-bai bamboo shoots, cut to irregular chunks. Heat 2 tablespoons of oil to fry jiao-bai for a while, add soy sauce and sugar, stir evenly, and then add ½ cup of water in, bring to a boil over high heat. Simmer for 3-5 minutes with lid covered. Mix for a while to make the color evenly. Turn to high heat to evaporate the juice if needed. During late spring and early summer, there are fresh gui-zhu bamboo shoot, is the best kind of bamboo shoot to make this dish.

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