

Stir-Fried Assorted Vegetables Recipe

Ingredients: Serves 4

400g soybean sprouts
5 shiitake mushrooms
1 bamboo shoot
1 cup soaked black fungus
1 pile pressed bean curd sheets
½ cup preserved mustard head (zha-cai) shreds
½ cup pickled cucumber shreds
1 cup carrot shreds
1 cup celery sections
2 tablespoons young ginger shreds

Seasonings:

salt
sugar to taste
½ teaspoon sesame oil

Method:

Trim soybean sprouts, rinse and drain dry. Soak shiitake mushrooms to soft, cut to shreds. Trim black fungus and then also cut to shreds. Cook bamboo shoot then shred it. Cut bean curd sheet to strips, soak in hot baking soda water until tender and soft, rinse with water for several times. Drain. Rinse preserved mustard head shreds to reduce the saltiness. Soak young ginger shreds in water for 1-2 minutes, drain and squeeze it dry. Or you may use pickled ginger instead of it. Heat 2 tablespoons of oil to stir-fry soybean sprouts until it becomes soft. Remove. Add another 2 tablespoons of oil to stir-fry shiitake mushrooms and bamboo shoots until fragrant. Add carrot shreds, stir-fry until soft, then add all other ingredients in, stir-fry until evenly mixed. Add soybean sprouts back to wok, season with salt and sugar. Turn off the heat, drizzle sesame oil in. Serve cold.

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