

Stir-Fried Lotus Root Recipe

Ingredients:

1½ tablespoons scallion or peanut oil
One ½-inch-thick slice fresh ginger, lightly smashed
½ teaspoon salt
¾ cup peeled and julienned fresh lotus root
¾ cup julienned carrot
½ cup julienned fresh bamboo shoot
½ cup Chinese celery in 2½-inch lengths
3 large peeled and julienned fresh water chestnuts (½ cup)
¼ cup vegetable stock

Method:

Heat a wok over high heat for 30 seconds, add the scallion or peanut oil, and coat the wok with it using a spatula. Add the ginger and salt and stir briefly. When a wisp of white smoke appears, add all the vegetables and cook, stirring well, for 1 minute. Add 1 tablespoon of the stock and stir well. Stir and cook for 4 minutes. During the cooking, if the vegetable mixture is too dry, add the stock 1 tablespoon at a time if needed. Usually all of the stock will be needed. Occasionally the vegetables will release water during cooking, so less stock will be necessary. The vegetables will have absorbed all the liquid when cooked. Turn off the heat and transfer to a heated serving platter.

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