

## Vegetarian Goose Recipe

**Ingredients:** Serves 4

2 pieces fresh bean curd sheet-layer  
4 pieces dried bean curd sheet  
¼ cup cooked bamboo shoot shreds  
2 tablespoons shiitake mushroom shreds  
½ cup needle mushroom sections  
¼ cup cooked carrot shreds  
1 tablespoon preserved mustard shreds

**Seasonings:**

2 tablespoons soy sauce  
2 teaspoon sugar  
⅔ cup soup stock  
½ tablespoon sesame oil

**Method:**

Mix seasonings in a small bowl. Heat 2 tablespoons of oil to stir-fry shiitake mushroom first, then add all other ingredients in, stir-fry evenly. Add 4 tablespoons of seasonings, cook until sauce absorbed (or you may add some cornstarch paste to thicken it). Remove and let it cool. Place 2 pieces of bean curd sheets together (opposite way), brush some seasonings on and then place 1 piece of fresh bean curd sheet-layer on (spread it first), brush seasonings again. Arrange half amount of mushroom ingredients on, make it into a rectangle shape. Fold two sides in and then roll into a rectangle shape. Make 2 packs. Steam them for 10 minutes over medium heat. Take out and let cool. Fry the vegetarian geese with 2 tablespoons of oil until both sides browned. Cut to pieces and serve warm. Instead of frying the vegetarian goose you may smoke it with sugar, flour and black tea leaves for 8-10 minutes after it steamed, which will enhance the aroma. Serve it cold. This dish is also called "Vegetarian Duck" in Shanghai.

[asian\_free\_recipes\_download][/[asian\\_free\\_recipes\\_download](#)]