



CHINESE CABBAGE AND SHIITAKE MUSHROOMS

SERVES: 2 AS MAIN OR 4 AS A SIDE - PREP: 5 MINUTES, PLUS 10 MINUTES'
SOAKING TIME - COOK: 15 MINUTES

INGREDIENTS

60G DRIED OR FRESH SHIITAKE MUSHROOMS - 1 TSBP VEGETABLE OIL - 1 LARGE GARLIC CLOVE, THINLY SLICED - 10G FRESH GINGER ROOT, THINLY SLICED 10 G (¼ OZ) - 200G CHOI SUM, KAI LAN, TENDERSTEM BROCCOLI, SPRING GREENS, GREEN BEANS, KALE, CUT INTO 4-5CM PIECES 200ML MUSHROOM SOAKING LIQUID OR VEGETABLE STOCK - 1 TSP LIGHT SOY SAUCE - 1 TSP OYSTER SAUCE - 2 TSP CORNFLOUR PASTE - SEA SALT AND FRESHLY GROUND BLACK PEPPER

INSTRUCTIONS

1. IF YOU'RE USING DRIED SHIITAKE MUSHROOMS, PUT THEM IN A HEATPROOF BOWL AND POUR OVER ENOUGH BOILING WATER TO COVER THEM (AT LEAST 200 ML/ 7 FL OZ/ SCANT 1 CUP).
2. PLACE A SMALL BOWL OR SIEVE ON TOP TO MAKE SURE THAT ALL THE MUSHROOMS ARE SUBMERGED IN THE WATER AND LEAVE THEM TO REHYDRATE FOR AT LEAST 10 MINUTES. DRAIN AND RESERVE THE SOAKING LIQUID. THICKLY SLICE THE DRAINED AND REHYDRATED (OR FRESH) MUSHROOMS.
3. HEAT THE VEGETABLE OIL IN A WOK OR LARGE FRYING PAN (SKILLET) OVER A HIGH HEAT, THEN ADD THE GARLIC AND GINGER AND FRY FOR A COUPLE OF MINUTES UNTIL FRAGRANT, BEING CAREFUL NOT TO BURN THEM.
4. ADD THE GREEN VEGETABLES AND TOSS THEM THROUGH THE FRAGRANT OIL, THEN ADD THE SLICED MUSHROOMS WITH THE MUSHROOM LIQUID (OR VEGETABLE STOCK IF YOU ARE USING FRESH MUSHROOMS), LIGHT SOY SAUCE AND OYSTER SAUCE. COVER AND STEAM FOR 5 MINUTES OVER A HIGH HEAT UNTIL THE VEGETABLES ARE JUST TENDER.
5. TASTE AND ADJUST THE SEASONING ACCORDING TO PREFERENCE.
6. IF YOU WANT A THICKER SAUCE, ADD THE CORNFLOUR PASTE AND BRING THE MIXTURE TO THE BOIL AND THE SAUCE WILL THICKEN.

