

Vegetarian Mushu “Pork” Using Bamboo Shoots (Based on a Recipe by Eileen Yin-Fei Lo).

2 C. cabbage, cut into 1/8x3-inch lengths
1/2 C. carrots, peels, 1/4x2-inch pieces
2/3 C. bamboo shoots, sliced into 1/8x 2-inch lengths
2 T cloud ears, washed, soaked, and broken up if too large
8 Chinese dried mushrooms (aka shitake), washed, soaked, stems removed, and cut into 1/8-inch strips
24 dried tiger lily buds, soaked in hot water until soft, hard ends removed and cut in half (can use fresh!)
8 slices compressed doufu, cut into 1/8-inch slices (or use equivalent in reconstituted dried tofu skin – found in Asian grocery stores under name Fu Zhu – literally, Doufu Bamboo, since it often comes in the form of “stalks”).
2 scallions, washed, dried, both ends discarded, cut into 1 & 1/2-inch threads
3/4 t. salt
3 T cooking oil (not olive)
1 t. minced ginger
1 t. minced garlic

SAUCE:

2 t. dark soy sauce
1 T sherry or Xiao-Xing wine
1 T hoisin sauce
pinch of white pepper
1 t. sesame oil
2 t. cornstarch mixed with 3 T water

1. Heat wok over high heat, 45 sec-1 min, then add oil and coat wok using spatula. Add ginger, salt, and garlic. When garlic turns light brown, add cabbage and stir. Add carrots, stir and mix. Add bamboo shoots, stir and mix. Add mushrooms, tiger lily buds, cloud ears, and doufu, stir and mix. Add scallions, stir and mix.
2. Make a well in the center of the vegetable mixture. Stir sauce and pour into the center of the well. Cover with vegetables, then stir and mix quickly. When sauce thickens and turns dark brown, remove from wok and serve with Chinese pancakes. (An easy substitute could be a plain flour tortilla from Trader Joe's.)
3. YIELD: 10 servings.