

Bamboo Shoots and Pickled Mustard Recipe

Ingredients: Serves 4

3 bamboo shoots
200g pickled sour mustard
Salt to taste

Method:

Peel bamboo shoot and cut into thick pieces. Remove the hard leaves from pickled sour mustard, then slice the thicker part; soak in water to remove some salty taste. Put hard leaves and bamboo shoot into a pot, add 4 cups of water in, cook for 20 minutes. Remove hard leaves, add sliced sour mustard, continue to cook for 20 minutes. Season with some salt. You may use yellow salty mustard green instead of pickled sour mustard to get better fragrant, but the benefit for pickled sour mustard is easy to get.

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