

Chinese Mustard with Crabmeat Recipe

(Chinese Mustard - Gai Choy Recipes)

Ingredients:

1 kg Chinese mustard (gai choy), separated into individual leaves
1 teaspoon bicarbonate of soda
1 teaspoon cooking oil
3 tablespoons cooking oil for frying
5 cloves garlic, peeled and minced
6 large button mushrooms, sliced
600 g crabs, steamed until cooked and meat extracted
1 egg, lightly beaten

Sauce ingredients (combined):

500 ml fresh chicken stock
1 teaspoon salt
½ teaspoon sugar
½ teaspoon sesame oil
¼ teaspoon ground white pepper
1 tablespoon cornflour

Method:

Trim off and discard leafy parts of Chinese mustard, then cut into 7.5-cm lengths. Half fill a kuali or wok with water and bring to the boil, then stir in bicarbonate of soda and 1 teaspoon oil. Add Chinese mustard and boil for 3-4 minutes. Remove and immerse in a basin of cold water. Rinse and drain. Heat 3 tablespoons of oil in a kuali and lightly brown garlic. Add mushroom slices, then Chinese mustard lengths and stir-fry briskly for 1 minute. Pour in combined sauce ingredients and bring to the boil. Add crabmeat. When liquid thickens, gradually stir in egg. Dish out and serve immediately.

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