

Stewed Mushrooms with Wheat Gluten Recipe

Ingredients: Serves 4

4 shiitake mushrooms
8 fresh mushrooms
8 fried wheat gluten
1 stalk scallion
5 stalks green cabbage or bok choy

Seasonings:

1 tablespoon soy sauce
½ teaspoon sugar
a little of sesame oil

Method:

Soak shiitake mushrooms to soft, cut each to 2-3 pieces according to their size. Halve green cabbage or bok choy, blanch and then drain. Rinse mushrooms, pat dry, then cut to halves. Soak wheat gluten with cold water until soft, squeeze out excess water. Heat 2 tablespoons of oil to stir-fry shiitake mushrooms and green scallions sections, add mushrooms and then stir-fry again. Add soy sauce, sugar and ⅔ cup of water, bring to a boil. Add wheat gluten and green cabbage or bok choy in, cook for 3-5 minutes over low heat until water is almost absorbed. Drizzle sesame oil in at last. Turn off the heat and remove to a serving plate.

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