

## Stewed Wheat Gluten with Vegetables Recipe

**Ingredients:** Serves 4

5 pieces wheat gluten  
5 Shiitake mushrooms  
1 tablespoon dried black fungus  
30 pieces dried lily flower  
½ cup fresh soy beans  
1 stalk scallions  
2 slices ginger

**Seasonings:**

3 tablespoons soy sauce  
1 tablespoon sugar  
1 teaspoon sesame oil

**Method:**

Tear each wheat gluten to small pieces, deep-fry in hot oil until golden brown, remove. Soak Shiitake mushrooms to soft, cut each one to 2 or 3 pieces. Slice bamboo shoot. Soak lily flowers, tie 2 pieces together. Soak dried fungus to soft, trim to small pieces. Blanch fresh soy beans for 30-40 seconds, and then rinse until cold to keep the color green. Leave aside. Stir-fry ginger, scallion, Shiitake mushrooms and bamboo shoot with 2 tablespoons of oil. Add soy sauce, sugar and 3 cups of water, also put wheat gluten and fungus in, stew for about 30 minutes. Add lily flowers and soy beans, cook for 10 minutes more. Drizzle sesame oil in, mix well and remove. Serve cold. Freeze or deep-fry wheat gluten after purchasing it, as it sours easily.

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