

Stir-Fried Bamboo Shoots with Vegetable Recipe

Ingredients: Serves 4

150g Ji-Cai or green cabbage
2 bamboo shoots (about 400g)
1 stalk scallion
1½ cups soup stock or water

Seasonings:

½ teaspoon salt
1 teaspoon cornstarch paste

Method:

Trim off stems and hard leaves from Ji-Cai, rinse and drain. Blanch quickly and then rinse with cold water. Chop finely. Squeeze out the excess water. Trim off the husk from bamboo shoot, cut into thick slices. Heat 2 tablespoons of oil to fry scallion sections and bamboo shoot, when fragrant add water, cook for 10-15 minutes until bamboo shoot is cooked. Add Ji-Cai in, cook for 1-2 minutes, season with salt and thicken with cornstarch paste. Remove to a plate.

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