

Wood Ear Mushroom Salad (Chinese Recipe)

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This Wood Ear Mushroom Salad is refreshing and packed with those crunchy wood ear mushrooms or black fungus with garlic oil, soy sauce, black vinegar, onions, cilantro, and some chiles for heat. This is a very simple and easy Chinese salad that's perfect as a starter or side dish. This mushroom salad is also very easy to prepare and is best made in a big batch a day prior for the mushrooms to soak in all the flavours from the seasonings.



Prep Time

25 mins

Cook Time

5 mins

Total Time

30 mins

Course

**Appetizer, Salads,
Side Dish, Starters**

Cuisine

**Asian, Chinese,
Sichuan**



Servings

4 small plates

Calories

108 kcal

INGREDIENTS

Mushrooms

- 1 oz [dry wood ear mushroom](#) or black fungus (30g)

Dressing/Marinade

- 3 cloves garlic minced
- 1 tbsp [neutral oil](#)
- 1/2 tsp chili flakes or powder
- 1/4 tsp [ground sichuan pepper](#) , optional (I simply ground whole peppercorns)
- 1/2 tsp [sugar](#) , adjust to taste
- 2 tbsp [soy sauce](#) , adjust to taste
- 2 tbsp [Chinese black vinegar](#) , adjust to taste

- 1 tbsp [sesame oil](#)

Add-Ins

- 1/4 to 1/2 small white onion , thinly sliced (depends on how much onion you like)
- 1/2 small red bell pepper , thinly sliced
- 2 red chiles , chopped (optional for additional heat)
- Chopped cilantro
- Chili oil , for extra spice (if desired)

INSTRUCTIONS

Wood Ear Mushrooms

1. Rehydrate the wood ear mushroom or black fungus in warm water for at least 1 hour. You can leave this overnight in room temperature water until these bloom from absorbed water.

Dressing/Marinade

1. Meanwhile, prepare the dressing/marinade. Place the minced garlic in a heat proof bowl.
2. Heat the oil in the pot (you can use the same pot to boil the mushrooms later on) until you start to see small bubbles. Pour it over the minced garlic. Add in the chili flakes/powder, sichuan pepper (if using), sugar, soy sauce, black vinegar, and sesame oil. Mix well. Feel free to adjust this to your taste.

Cooking Wood Ear Mushrooms

1. Heat a medium pot with water. Once it boils, cook the mushrooms for 2-3 minutes. If you have thinner wood eat mushrooms, you can remove these sooner.
2. Prepare your ice bath: I like to prepare a large bowl with 8-10 ice cubes and water.
3. Remove the wood ear mushroom from the pot of water. Drain any excess water. Place the mushrooms in an ice bath. Leave to sit for 10 minutes or even longer.
4. Remove any tough stems from the mushrooms. You can also run the mushrooms through water to remove any excess dirt. Break apart or cut any of the larger pieces.
5. Remove the mushrooms from the ice bath and pat until completely dry with a kitchen towel.

Making the Salad

1. Transfer to a large container or bowl.

2. Add the dressing along with the onion, bell pepper, chiles, and cilantro. Mix well. You can also add some chili oil for extra heat, if you'd like.
3. You can enjoy this immediately or allow it to refrigerate for longer. I personally prefer making this a day in advance for the mushroom to really soak up all the flavours.
4. You can enjoy this as a starter or a side dish and pair it with your favourite mains. I had mine with a really rich sesame noodles ([recipe here](#)) so these mushrooms and the acidity helped cut through the richness of the noodles. Enjoy!

NUTRITIONAL INFO

Serving: 1small plate/serving | Calories: 108kcal | Carbohydrates: 10g | Protein: 2g | Fat: 7g | Saturated Fat: 1g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 4g | Trans Fat: 0.01g | Sodium: 507mg | Potassium: 235mg | Fiber: 2g | Sugar: 3g | Vitamin A: 504IU | Vitamin C: 45mg | Calcium: 12mg | Iron: 1mg

DID YOU MAKE THIS RECIPE?

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