

CHAO SAN GU & BOK CHOY

Ingredients

For the mushrooms

2 tbsp (30g) dried shitake mushrooms, rinsed and soaked (soaking water retained)

1 tbsp oil

3 garlic cloves, thinly sliced

230gms enoki or shimeji mushrooms

80g portabellini mushrooms, washed, trimmed and sliced

2 tbsp rice wine vinegar

3 tbsp oyster sauce

1 tbsp soy sauce

2 tsp sugar

4 tbsp mushroom soaking water

GARNISH

2 tbsp minced green onions (scallions)

A few sprigs cilantro

For the Bok choy

300gms baby bok choy (280 grams, bottoms trimmed and split in half lengthwise)

1tbsp vegetable oil

1 teaspoon salt

METHOD

Step 1

Soak the shitake in warm water, once tender remove, reserve soaking water. Cut larger mushrooms into 3 or 4 and leave small ones complete.

Step 2

Heat the oil in a pan and fry the garlic slivers until lightly golden, now add the soaked shitake and stir fry for 1 minute.

Step 3

Now add the remaining mushrooms and continue to fry

Step 4

Add the rice wine, soy sauce and oyster sauce, sugar and 4 tbsp soaking water.

Step 5

Reduce the heat and cook for about 8-minutes, stirring constantly, until the mushrooms are cooked and most of the liquid is gone. While this is happening prepare your bok choy.

Step 6

Serve onto the same platter as your cooked and waiting bok choy, drizzle lightly with sesame oil and garnish with chopped scallions and coriander

Preparing the Bok Choy

Step 1:

Wash your cut bok choy in a large bowl of water so the vegetables are fully submerged. Agitating or stirring the vegetables in the water will release any dirt or sand. Repeat this process another 2 times or as necessary, until the water is clean and there is no sand or dirt at the bottom of the bowl.

Step 2

Bring 6 cups of water, 1 tablespoon vegetable oil, and 1 teaspoon salt to a boil. Blanch the bok choy for 40 seconds, stirring occasionally. They should be just wilted and bright green. Scoop out the bok choy into a bowl and pour 2 cups of cool water over them. The water will stop the cooking process, but you don't want your veggies to be ice cold, so pour the bok choy into a colander right after they've been submerged in the cool water. Drain.

Next, arrange the bok choy into a circle around a large serving plate, with a space in the middle for the mushrooms.

THE COOKERY

by The Secret Jozi Chef