



# 素炒鮮 Stir-fried Vegetable with Mushrooms

5 人份  
SERVES 5

· 盛在盤中

- 青梗菜.....半斤
- 草菇(罐頭).....1 杯
- 金針菇(罐頭).....½ 杯
- 葱.....6 小段
- ① 料酒、蠔油.....各 1 大匙
- 鹽.....½ 小匙、麻油.....少許
- 味精、胡椒.....各少許
- 高湯(或水).....1 杯
- ② 太白粉.....½ 大匙
- 水.....1 大匙

- ① 青梗菜去老葉，縱剖 4—6 開，洗淨後放入滾水內燙熟，撈出漂涼備用。
- ② 油 3 大匙燒熱，先炒香葱，隨入草菇、金針菇略炒，再入①料，用大火燒開後放入青梗菜再煮 3 分鐘，最後以②料勾芡即成。

Don't have  
to blanch!

lt. Place the  
tes. Remove  
a with oyster

- 2/3 lb. bok choy ← can use baby bok choy
- 1 c. canned straw mushrooms
- 1/2 c. canned enoki mushrooms
- 1 green onion, cut into 6 pieces
- 1 T. each: cooking wine or sherry, oyster sauce
- ① 1/2 t. salt
- dash of sesame oil
- dash of black pepper
- 1 c. stock or water
- 1/2 T. cornstarch } mix
- 1 T. water

- ① Remove only limp leaves from the bok choy. Cut the stalk of bok choy lengthwise into 4 pieces; if very thick cut into 6 pieces. Rinse to clean then blanch in boiling water; remove and plunge in cold water. Set aside for later use.
- ② Heat the wok then add 3 T. oil. Stir-fry the green onions until fragrant. Add all mushrooms; stir briefly then add ①. Cook over high heat until boiling; add bok choy and cook for 3 minutes. Add mixture ② to thicken; stir. Transfer to a serving plate and serve.

Chinese Cuisine, Huang Su-Huei  
Wei-Chuan's Cookbook,  
c1996