

Wood Ear and Cordycep Flower Salad

(Sept 29)

Makes 4 servings

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| 1 cup | fresh wood ear mushrooms, bite-size pieces |
| 1/4 cup | dried cordycep flowers, soaked and rinsed |
| 1/2 | red bell pepper, seeded, thinly sliced |
| 1/4 cup | thinly sliced red onion |

Dressing

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| 2 tablespoons | minced garlic |
| 1 tablespoon | chopped cilantro |
| 1 tablespoon | soy sauce |
| 1 tablespoon | sesame seed oil |
| 2 tablespoons | balsamic vinegar |
| 2 teaspoons | honey |

Garnish

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| 1 teaspoon | red chili oil |
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Blanch wood ear mushrooms in a pot of boiling water, lift out and drain. Rinse under cold water to clean, drain well. Blanch cordycep flowers, lift out and drain. Combine mushrooms and cordyceps flowers in a salad bowl with bell pepper and red onion slices.

In a bowl, combine dressing ingredients and mix well. Pour over wood ear mushrooms, cordycep flowers, bell pepper and red onion. Toss to evenly coat. Serve chilled or at room temperature. Finish with red chili oil.

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