

Bean Curd Sticks Stir-Fry

腐竹小炒

Makes 4 – 6 servings

August
A Summer Menu

6 oz dried bean curd sticks

Seasoning sauce:

3/4 cup chicken or vegetable broth
1 tbsp fermented bean curd, mashed
1 tbsp soy sauce
1 tbsp oyster-flavored sauce
½ tsp sugar

2 tbsp cooking oil
4-6 thinly sliced ginger
¼ cup fresh wood ear mushrooms
4 small fresh shiitake mushrooms, halved
2 stalks green onions, cut into 1-inch pieces
2 tsp cornstarch dissolved in 2 tbsp water
1 tsp sesame oil

1. Cover bean curd sticks with warm water and soak until soft and pliable, about 20 – 30 minutes; drain. Cut into 3-inch long pieces. Set aside.
2. Combine seasoning sauce ingredients in a bowl; set aside.
4. Place a wok or stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add ginger and cook, stirring until fragrant, about 20 seconds. Add bean curd sticks, wood ear and shiitake mushrooms. Add seasoning sauce; reduce heat to low. Simmer for 8 – 10 minutes.
5. Add green onions and thicken sauce with cornstarch solution, if needed. Finish with sesame oil before serving.