

Asian Pear with Snow Fungus

雪梨銀茸燉蓮子

Makes 4 servings

October

Let's Cook at On Lok!

1 head	snow fungus
2	Asian pears
12	red dates, pits removed
12	fresh (preferred) or dried lotus seeds, soaked and germ removed*
2 tbsp	goji berries, rinsed
2 - 3 tbsp	crushed rock sugar

1. Soak snow fungus in warm water to cover until softened, about 30 minutes; drain. Remove any tough stems. Tear snow fungus into bite-sized pieces.
2. Peel and halve Asian pears, remove core.
3. Place all ingredients in a double boiler; add water to cover. Double boil until pears are tender, about 1 hour. Serve hot.

Note:

Dried lotus seeds are usually available in Asian markets. Soak in warm water to cover for 1 – 2 hours. Then use a toothpick to push out the light green germ in the center of the seed. Otherwise, it will impart a bitter flavor.

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