

Braised Chinese Mushrooms and Sesame Bok Choy

This classic Chinese dish can be made with ease, and features bok choy served with dried flower mushrooms, which are soaked and cooked in a flavour-packed blend of oyster sauce, Chinese rice wine and soy sauce. Serve with steamed rice.

Serves: 8

Prep time: 30 minutes

Cook time: 30 minutes

Difficulty Level: Easy

Per serving: 100 calories, fat 5 g, sodium 370 mg, carbohydrate 12 g, fibre 4 g, sugars 4 g, protein 3 g

INGREDIENTS

- 2 cups (500 mL) Rooster Brand™ Dried Flower Mushrooms
- 2 cups (500 mL) boiling water
- ¾ cup (175 mL) chicken broth
- 2 tbsp (25 mL) Rooster Brand™ Oyster Sauce
- 1 tbsp (15 mL) Chinese rice wine (Shao Hsing) or dry sherry
- 2 tsp (10 mL) Rooster Brand™ Superior Soy Sauce
- 2 tsp (10 mL) Rooster Brand™ Superior Dark Soy Sauce
- 2 tsp (10 mL) crushed Chinese rock sugar or granulated sugar
- 2 tbsp (25 mL) Rooster Brand™ 100% Pure Canola Oil
- 2 tsp (10 mL) Rooster Brand™ 100% Pure Corn Starch
- 2 tsp (10 mL) sesame oil
- 675 g Shanghai bok choy (about 6 heads), halved lengthwise (TIP: if heads are large, cut into quarters for even cooking.)
- 2 green onions, thinly sliced diagonally

DIRECTIONS

- 1. Place** mushrooms in large heatproof bowl; add boiling water. Arrange mushrooms stem side up. Cover bowl with plastic wrap; let stand until softened, 30 to 45 minutes. Drain; squeeze out excess liquid from mushrooms. Remove and discard stems.
- 2. Meanwhile,** stir together broth, oyster sauce, rice wine, soy sauce, dark soy sauce and sugar in small bowl until sugar is dissolved. Set aside.
- 3. Heat** canola oil in 10-inch (25 cm) skillet over medium-high heat. Add mushrooms; cook, turning often, until lightly browned, 2 to 3 minutes. Add broth mixture; reduce heat to low. Cover and simmer, turning mushrooms occasionally, until tender, 20 to 25 minutes. (If necessary, add water, 1/4 cup at a time, while cooking to prevent mushrooms from drying out.)

4. Stir together cornstarch, 1 tsp sesame oil and 1/4 cup water in small bowl until smooth; stir into mushroom mixture. Cook, stirring constantly, until sauce is glossy, about 30 seconds.

5. Meanwhile, bring large saucepan of salted water to a boil. Add bok choy and remaining 1 tsp sesame oil; cook until tender-crisp, 1 to 2 minutes. Drain.

6. Arrange bok choy in circle along edge of plate with leaves pointing inward; spoon mushroom mixture into centre of circle, over top of leaves. Sprinkle with green onions.

Chef's Tip: You can start soaking the mushrooms the night before. Place mushrooms in large bowl and add 2 cups cold water. Arrange plate directly over surface of water to keep mushrooms submerged; cover bowl with plastic wrap and let soak overnight in fridge.