

EPICUREAN ESSENTIALS

Asian Greens & Shiitake Stir Fry

note: all quantities are approximate and need not be exact.

- 1 bunch baby bok choy, spinach, Swiss chard or any other relatively sweet green
- 1 quart shiitake or oyster mushrooms
- 1 pound cubed firm tofu, optional
- 1" piece fresh ginger, peeled and minced
- 2 large garlic cloves, peeled and thinly sliced
- 1 - 2 T. soy sauce or salt to taste
- up to 1/3 c. vegetable stock, water or chicken stock
- 1 t. arrowroot powder or cornstarch

Wash greens and cut or tear into pieces if very large and set aside. The greens will shrink quite a bit so there is no need to be laborious about this step.

If using shiitakes, trim stems. If using oyster mushrooms, cut to medium-sized pieces. Set aside.

Heat a large non-stick or cast iron skillet over medium heat. If using tofu, add a small amount of oil to the bottom of the pan and brown on all sides if desired. Otherwise it can simply go into the pan at the end of cooking just long enough to heat it up.

Add mushrooms and soy sauce to the skillet and cook, stirring constantly just until mushrooms begin to soften. If the pan begins to get too dry and the mushrooms and tofu stick, add a bit of water or stock.

When the mushrooms have softened, add the greens, minced ginger and sliced garlic. If you have opted to not brown the tofu, add it at this time. Allow the greens to wilt. While the greens are wilting, combine arrowroot powder (or cornstarch) and remaining stock. Pour the mixture over the mushrooms and greens and thoroughly stir in. Cook until the sauce begins to bubble.

Serve hot over steamed rice.

Yield: 2 servings