

BUDDHA'S DELIGHT

(courtesy of Maggie Zhu, author of *Chinese Homestyle*)

YIELD 4 servings

PREP 20 min +20 soak time

COOK TIME 15 min



INGREDIENTS

- 1 handful (about 1/2 cup, or 20 g) dried lily flowers
- 8 medium dried shiitake mushrooms
- 2 tablespoons dried wood ear mushrooms
- 4 1/2 to 6 cups (1 to 1.4 L) hot water 1 small bundle (11/2 ounces, or 45 g)
- dried rice vermicelli noodles
- 2 tablespoons light soy sauce
- 1 tablespoon dark soy sauce
- 1 tablespoon vegetarian oyster sauce
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1 teaspoon toasted sesame oil
- 1/2 teaspoon cornstarch
- 2 tablespoons peanut oil (or vegetable oil)
- 1 tablespoon minced ginger
- 4 scallions, chopped
- 1 medium carrot, thinly sliced
- 1/2 cup (75 g) sliced bamboo shoots, strained
- 2 cups (100 g) deep-fried tofu puffs (or Oil-Free Deep-Fried Tofu on page 158), cut in half
- 4 cups (280 g) chopped Napa cabbage
- 4 small heads baby bok choy, cut in quarters

INSTRUCTIONS

1. In separate medium bowls, soak the dried lily flowers, shiitake mushrooms, and wood ear mushrooms in 1 1/2 to 2 cups (360 to 480 ml) of the hot water for 20 minutes, or until tender throughout.
2. Strain the lily flowers, reserving 3/4 cup (180 ml) of the soaking water. Trim and discard the tough ends, then cut each flower in half crosswise. Squeeze the excess water from the shiitakes and rub off any debris. Reserve 1/4 cup (60ml) of the shiitake soaking water. Trim and discard the tough ends, then cut each shiitake in half. Trim and discard the tough parts of the wood ear mushrooms, then cut into bite-size pieces.
3. Place the vermicelli noodles in a large bowl & add boiling water to cover. Let sit for 3 to 5 minutes (or according to the package instructions), until the noodles turn soft. Strain & set aside.
4. In a medium bowl, combine the light and dark soy sauces, oyster sauce, sugar, salt, sesame oil, reserved 3/4 cup (180 ml) lily flower soaking water, and reserved 1/4 cup (60 ml) shiitake mushroom soaking water (avoiding adding any debris in the water) for the sauce. Stir to mix.
5. Make a slurry by combining the cornstarch and 1 tablespoon of water in a small bowl and stirring to dissolve the cornstarch.
6. In a large skillet (at least 13 inches, or 33 cm, in diameter) or Dutch oven, heat the peanut oil over medium-high heat until hot but not smoking. Add the ginger and scallions and cook, stirring a few times, until fragrant. Add the carrots and cook and stir for 1 minute. Add the lily flowers and shiitake mushrooms and cook and stir for 1 minute. Add the bamboo shoots and wood ear mushrooms and cook and stir for 1 minute. Add the fried tofu and cook and stir for 1 minute.
7. Pour in the sauce, then add the cabbage and bok choy. Cover and let cook over medium heat for 3 to 5 minutes, until the vegetables are cooked through, stirring a few times to mix the vegetables with the sauce.
8. Add the noodles and cook and stir for another 30 seconds. Stir the slurry again to make sure the cornstarch is dissolved, then pour it into the pan. Cook and stir until the sauce thickens.
9. Transfer the contents of the pan to a large serving plate & serve.

