

Uwe Buschhaus
Gederbachweg 58a

58453 Witten

Tel. 49(0)2302 62318
Fax. 49(0)2302 962184

www.speisepilze.eu
info@speisepilze.eu

PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

RECIPE: STIR-FRIED TOFU WITH ENOKI & SCALLIONS

(4 servings)

INGREDIENTS / AMOUNT

4 cakes tofu
3 - 3.5 oz. Enoki mushrooms
3 scallions
3 Tbsp. finely chopped Sichan pickles
2 1/2 Tbsp. light soya sauce
1 Tbsp. Hoisin sauce
1 1/2 Tbsp. Chinese mushroom sauce
1/2 Tbsp. chili sauce
3/4 Tbsp. vegetable or chicken stock
1 tps sugar
1 Tbsp. rice wine or sherry

PREPARATION/PROCEDURE:

Cut each tofu cake into 4-6 pieces. Poach in boiling water for 2 minutes. Lift them out with a slotted spoon, drain and place on a serving dish.

Cut 1/2 inch stem off Enoki and cut spring onions into 1/4 inch diagonal sections.

Heat oil in a wok or frying pan. When hot, add mushrooms, spring onions and pickles. Stir over medium heat for 1/2 minute.

Add all the sauces, stock, the mushroom and sauce over the tofu on the serving plate. Toss them lightly together and serve.

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(Source: OLG Hamburg, version of 17 July 80, Schulze OLGZ 229, p.7 – on using parts of a recipe)

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