

## Stewed Chinese Shiitake Mushroom with Gluten and Taro

Preparation time: 20 minutes

Cooking time: 30 minutes

Serving suggestion: steamed rice

### **Ingredients:**

Taro 150g

Gluten 80g (vegetarian "chicken flavour")

Dried shiitake mushroom 50g

Vegetable stock 1.5 lit

### **Seasoning:**

White pepper powder 1/2 teaspoon

Vegetarian stir fry sauce 2 tablespoons

### **Cooking Method:**

- Wash and soak dried mushroom in room temperature water for about 45 minutes.
- Bring stock to boiling.
- Place vegetarian "chicken flavour" gluten into boiling stock.
- Lower heat to medium, continue to cook and extract the flavour out from gluten for about 5 minutes.
- Add in taro, allow taro to stew until taro starts to "melt".
- Toss in seasoning, bring heat to full, continue to cook for about 2 minutes.
- Turn heat off and is ready to serve with steamed rice.