

蓮花廚房 The Lotus Kitchen

香菇扁尖蘿蔔湯 *Daikon Soup with Shiitake Mushrooms and Bamboo Shoots*

材 料 Materials		
大蘿蔔	Daikon	一個 1 whole root (c. 2 lbs)
香菇絲	Black (Shiitake) mushroom slices	20 公克 1 oz
天目扁尖筍	Pickled bamboo shoot	40 公克 2 oz
沙拉油	Cooking oil	二湯匙 2 table spoons
鹽	Salt	適量 to taste
素食調味粉	Vegetarian seasoning	適量 to taste
紅蔥	Shallot	少許 A little (1 clove)
白胡椒粉	White pepper powder	少許 A little (dash)
香菜	Cilantro	少許 A little (for garnishing)
水	Water	數杯 Several cups



紅蔥切小粒，天目扁尖筍洗淨泡軟切段，香菇絲泡軟，大蘿蔔切約兩吋方塊。

將燜燒鍋之內鍋加入沙拉油與紅蔥粒於爐台上加熱，至油熱冒煙時，倒入適量的水直到不再出油煙為止；先加入切好的蘿蔔、扁尖筍、及香菇絲略炒；繼續加水做湯。此時加入適量的鹽、白胡椒粉、及素食調味粉拌勻。煮至沸騰後，放入燜燒鍋，燜煮兩小時加入香菜即可起鍋。

若不用燜燒鍋，而用一般鍋子，則於湯煮開後，以小火繼續煮一小時即可。

Preparation: Coarsely mince shallot; soak shiitake mushroom slices in warm water until soft; rinse and soak the pickled bamboo shoot and slice into ~1.5" pieces; peel daikon and slice into ~2.0" pieces.

To cook: Saute shallot with oil in the inner piece of the thermal pot until oil begins to smoke. Pour in a cup of water (to bring out the full flavor of the shallot). Add the daikon, shiitake mushrooms, bamboo shoots, enough water for the number of servings, salt and vegetarian seasoning to taste, and white pepper powder. Bring to a boil. Place the inner pot into the thermal container. Let sit for two hours, garnish with cilantro and serve.

If you are using a regular pot instead of a thermal pot, simmer for one hour after boiling.