法界食譜──香菇燴青江菜 （4人份）
Dharma Realm Recipes
Bok Choy with Black Mushrooms (4 servings)

材料Main ingredients:

青江菜1斤	1 lb Boy Choy
乾香菇3朵	3 whole dry black mushrooms
金針菇1把	1 bag (8 oz) golden mushrooms
紅蘿蔔1/5條	1/5 stick of a carrot (about 1/3 cup after julienning)

調味料Ingredients for sauce:

薑絲 1 大匙	1 tbsp julienned ginger
海鹽1/2茶匙	½ tsp sea salt
香油少許	sesame oil

太白粉2茶匙加入水2湯匙攪拌/
Cornstarch + water [2 teaspoons cornstarch + 2 tablespoons water (mix well)]

作法Directions:

(1) 青江菜洗淨汆燙，撈起，漂涼備用。乾香菇泡軟，擠乾水份，切絲。金針菇去根部，洗淨對切。紅蘿蔔切絲。

Wash Bok Choy and boil it briefly. Let drain and cool. Soak dry mushrooms in water until soft. Squeeze water out and julienne. Cut off stems of golden mushrooms. Wash and cut in halves. Julienne [cut into matchstick-sized thin strips] carrots.

(2) 油1大匙入炒鍋，放入香菇絲、薑絲，略炒香，入水 1 杯煮開，放入金針菇、紅蘿蔔絲、青江菜煮約2分鐘，加入鹽，淋上芡汁勾薄芡，洒上少許香油，即可起鍋。

Heat one tablespoon of oil in wok. Stir fry mushrooms and ginger. Pour one cup of water and boil. Add all other ingredients and cook for 2 minutes. Add salt and cornstarch mixed with water. Drizzle some sesame oil. Place on a plate to serve.

小技巧 Tip:

青江菜經過汆燙，味道比較清香，但在汆燙過程，不必等水開，就要把菜撈起來，入冷水，才能保持其鮮綠度。

Boy Choy will retain its aroma if boiled quickly and scooped up before water boils a second time. Let drain and soak in cold water to keep the green color.