



Bang Kuang Char (Stir-fried Yam Bean)

Difficulty: Easy

Servings: 20 - 30 pieces

Preparation Time: 40 mins

Cooking Time: 30 - 40 mins

Ingredients

20g Garlic	1 Teaspoon Dark Soy Sauce
20g Shallots	1 Teaspoon Sesame Oil
30g Dried Shiitake Mushrooms	2 Tablespoons Light Soy Sauce
100g Glass Noodles (Tang Hoon)	To Taste Pepper
200g Carrots	To Taste Salt
500g Yam Bean	As Desired Romaine Lettuce Leaves
20ml Oil	To Garnish Coriander
600ml Water	Ice Water sufficient for submerging Romaine Lettuce Leaves

Method

1. Soak tang hoon in a bowl of water for 30 minutes. While soaking, cut the tang hoon into shorter strands.



2. In another bowl of water, soak dried shiitake mushrooms for 30 minutes. Remove and slice rehydrated shiitake mushrooms.



3. Mince shallots and garlic separately. Peel carrots. Skin yam bean and cut into smaller pieces.



4. Attach the Reversible Shredding Disc to your Kitchen Machine, with the coarse side facing up.



5. Shred yam bean and carrots separately.



6. In a lightly heated pan, add oil, minced shallots and garlic. Stir fry till fragrant. Add sliced shiitake mushrooms, shredded yam bean and carrots. Mix well.





7. Add soaked tang hoon and continue cooking for 5 minutes. Add dark soy sauce, light soy sauce and 300ml of water. Bring it to a quick boil. Reduce the heat when it starts to boil and let it simmer for 20 to 30 minutes, till the vegetables are soft.



8. Add sesame oil and season with pepper and salt. Remove from heat and set the dish aside to cool.





9. Remove the stem of romaine lettuce to separate the leaves. Soak the leaves in ice water for a crunchier texture.



10. Serve the dish with romaine lettuce leaves and garnish with coriander.

