



Braised Shitake, Greens and Abalone

Overview

Serving: 2-3

Difficulty: Easy

Preparation Time: 20 minutes

Cooking Time: 35 minutes

Ingredients

300g Chinese Kale/ 'Kai Lan'

6 Pieces Abalone - From Can

10-12 Pieces Fresh Whole Shiitake Mushrooms

4 Pieces Black Fungus - Washed

2 Tablespoons Cooking Oil

2 Tablespoons Sesame Oil

1 Tablespoon Light Soya Sauce

20g Garlic – Chopped

50g Oyster Sauce

50g Corn Flour / Potato Starch

500ml Water - For Sauce

200ml Water - For Corn Starch Mixture

White Pepper Powder - To Taste

Fried Shallots - To Garnish

Method

Step 1

Remove the stems from the shiitake mushrooms and Chinese kale/ 'kai lan'.



Step 2

Heat up the cooking oil and sesame oil in a pot. Add chopped garlic into the pan, fry till the garlic turns brown.



Step 3

Add light soya sauce, oyster sauce and water, and then bring the mixture to a boil.



Step 4

Add the shiitake mushrooms, soaked black fungus, abalone and a pinch of pepper to the mixture. Next, simmer it for about 30 minutes.



Step 5

Mix the corn flour in the water to form a slurry. Once the sauce comes to a boil, lower the heat. Add the corn flour and water mixture to thicken.



Step 6

Place the leaves of the kale on a heat-resistant tray, covered with a microwave-safe cling film.



Step 7

Select 'Steam' mode of the oven (which comes in a default a setting of 100°C), heat the kale for about 10 minutes, or till they are cooked.



Step 8

Place the kale, mushrooms, fungus and abalone on a plate and drizzle the sauce over. Garnish the dish with fried shallots.



