

SERVES 2

# Sweet Soy Enoki Mushrooms

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● PREP: 5 MINS  
● COOK: 5 MINS

It's likely that both you and I have a mushroom-hating friend; "it's the texture," they say. Well, one time I made this dish for my anti-mushroom friend without telling her she was eating enoki mushrooms and she said it was delicious - I felt very proud of myself.

Long, thin, mild-tasting enoki mushrooms come in bundles and have long been popular in Asian cooking, including Japan, China and South Korea. They are also commonly used in hot-pot restaurants where the enoki are blanched briefly in broth and readily take on the flavours of the ingredients that they are cooked with.

You can typically find them fresh and vacuum-packed in Asian supermarkets and some large supermarkets. Prior to cooking, simply trim the roots and give the mushrooms a quick rinse in a bowl of water to remove any earth.

- 200g (7oz) enoki mushrooms
- 1 tbsp cooking oil of choice
- 2 garlic cloves, minced
- 1 spring onion (green onion), finely chopped, white and green parts separated
- 1 tbsp light soy sauce
- 1 tsp (vegan) oyster sauce or mushroom stir-fry sauce
- 1 tsp granulated sugar
- salt, to taste
- Steamed Rice (see p.21), to serve

## PAIRING SUGGESTIONS

- Black Pepper Tofu (see p.90)
- Sichuan Dry Pot Potatoes (see p.112)
- Crispy Chicken & Leek Noodles (see p.124)

Trim about 2.5cm (1in) off the root end of the enoki mushrooms and discard. Wash carefully and separate the mushrooms into slightly smaller bundles.

Bring a frying pan half-filled with water to the boil and blanch the enoki mushrooms for 1 minute. Remove with a slotted spoon and drain, gently squeezing out any water, then place on a serving plate.

Heat the cooking oil in a small pan on a medium heat. Add the garlic and white part of the spring onion and stir-fry for 30 seconds, until fragrant. Pour in the soy sauce, oyster sauce or mushroom stir-fry sauce and sugar with ½ tablespoon of water. Stir to combine. Once the sugar dissolves, which only takes about 30 seconds, toss in the green part of the spring onion and give everything one last stir.

Adjust the seasoning to taste, adding salt if needed. Remove the pan from the heat and carefully pour the sauce over the blanched enoki mushrooms.

Serve with steamed rice and other dishes, such as black pepper tofu, Sichuan dry pot potatoes and crispy chicken and leek noodles for a feast.

