

Spicy Mushroom Sauce & Noodles



Makes: ~2 – 3 servings

INGREDIENTS

Spicy Mushroom Sauce

½ tbsp. grapeseed oil

180 gm king oyster mushroom stems (diced)

** 1½ tbsp. 'lao gan ma' chili oil with black beans (see Notes)

3 garlic cloves (finely minced)

** ¼ tsp. organic minced ginger (see Notes)

65 gm red chili pepper (deseeded, finely diced; optional – see Notes)

60 gm Chinese green mustard (stems – diced and set aside, leaves – blanched and set aside; see Notes)

½ cup low sodium vegetable broth / water

Seasoning

1 tbsp. cooking wine

½ tbsp. tamari

½ tsp. raw cane sugar

½ tsp. salt or to taste

black pepper to taste

Thickener

3 tsp. water

1¼ tsp. corn starch

Other Ingredients

** ¼ tsp. sesame oil (see Notes)



INGREDIENTS (cont.)

Noodles

270 gm dried udon noodles (cooked according to the instructions on the package)

Garnish

roasted sesame seeds

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Spicy Mushroom Sauce

1. In a large skillet / pan on medium heat, add the oil. Once the oil heats up, add the mushroom stems. Pan fry until cooked through. Dish up and set aside.
2. In the same skillet / pan, add the 'lao gan ma' chili oil, garlic, ginger and diced chili. Sauté until fragrant.
3. Next, add the pan fried mushroom stems and diced Chinese green mustard stems. Stir evenly to combine and sauté for a min.
4. Add the vegetable broth / water and seasoning. Bring to a light boil and turn down the heat to medium low.
5. Season with salt and pepper to taste.
6. Quickly prepare the thickener by whisking the water and corn starch together until well combined.
7. Add the thickener to the mushroom sauce. Stir until well combined. Simmer until the sauce has thickened.
8. Lastly, add the sesame oil. Stir to combine and turn off the heat.

Assembling the Noodle Bowl

1. Divide the cooked udon noodles into 3 separate serving bowls.
2. In each bowl, ladle hot spicy mushroom sauce over the noodles.
3. Add blanched green mustard leaves on the side. Garnish with sesame seeds.
4. Serve immediately.

NOTES

- 'Lao Gan Ma' chili oil with black beans can be found at Asian grocers. If unavailable, you can find it online. This is what the product looks like - <https://www.asianfoodgrocer.com/asian-food/sauces-seasoning/chinese-sauces/laoganma-chili-oil-with-black-bean-9-88-oz>
- I used minced ginger from the Ginger People and sesame oil from La Tourangelle Artisan oils.
- If you like this dish to be less spicy, omit the red chili pepper and replace it with red bell pepper.
- Add a little bit of oil and salt to boiling water before blanching Chinese green mustard leaves. It only takes a minute or two to blanch the greens.