



Vegan Lo Hon Zai (罗汉斋)

Ingredients

- 2 tablespoons vegetable oil
- 3 slices fresh ginger
- 3 tablespoons red fermented bean curd (hong fu ru)
- 3 cloves garlic, sliced
- 1 medium leek, cut into 2 inch pieces
- 5 dried black mushrooms, soaked in warm water and sliced
- ¼ cup dried wood ears, soaked in warm water (about 1 cup)
- ¼ cup dried lily flowers, soaked in warm water with the tips cut off
- 2 tablespoons Shaoxing wine
- 3 cups chinese cabbage, cut into 2-inch pieces
- a handful of fried tofu puffs
- 2 sticks dried bean threads, soaked in warm water and cut into 2-inch pieces
- 1 teaspoon sesame oil
- 2 tablespoons soy sauce
- 2 teaspoons sugar
- 1 cup water or vegetable stock
- 1 small bundle of mung bean glass noodles soaked in warm water and drained

Cook time: 1 hour 15 mins

Serves: 6

This dish is often served on New Year's Day – a day in the lunar calendar where people traditionally eat vegetarian or vegan food. Every ingredient symbolises something the eater is hoping for in the year to come – from the red of the carrot representing good luck, to the unbroken length of the noodles symbolising longevity, each ingredient has a special meaning.

Heat your wok over medium-high heat and add the oil and ginger. Let the ginger caramelize for about 30 seconds without letting it burn. Add the bean curd and break it up with your spatula. Add the garlic, white portions of the leeks (reserving green portion for later), mushrooms, wood ears and lily flowers. Stir fry for 1min. Add wine and stir fry for 1min.

Add the cabbage, tofu and bean threads and crank up the heat as high as it will go. Stir-fry for 2mins. Add the green part of the leeks, sesame oil, soy sauce, sugar and water or vegetable stock. Stir, cover the wok and reduce heat to medium. Cook for 6 minutes, stirring occasionally.

Uncover the wok and turn the heat back up to high. Add the noodles, which should soak up most of the liquid. Keep stirring until most of the liquid has evaporated. Transfer to a large bowl and serve.

This recipe idea was shared by the team at Uniting Quong Tart and adapted from the blog thewoksoflife.com.

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