



Buddha's Delight

 Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb bamboo skewers fresh frozen thawed
- ☐ 2 bean curd skins dried
- ☐ 2 oz bean thread noodles very thin (2 small skeins; also known as cellophane, glass, or mung bean noodles)
- ☐ 0.3 cup medium-dry sherry chinese (preferably Shaoxing)
- ☐ 1 cloves piece ginger fresh peeled very thinly sliced chopped (1/2-inch)
- ☐ 0.3 cup soya sauce light (preferably Pearl River Bridge brand)
- ☐ 3 oz mushrooms dried black
- ☐ 0.5 cup ginkgo nuts fresh shelled peeled

- ☐ 0.3 cup vegetarian oyster sauce
- ☐ 2 baby greens trimmed quartered cut into 2-inch pieces (6 cups)
- ☐ 0.3 lb soybean sprouts fresh
- ☐ 0.8 teaspoon sugar
- ☐ 0.5 lb tofu cake fresh firm
- ☐ 2 tablespoons vegetable oil
- ☐ 5 cups boiling-hot water plus additional for soaking bean curd skins

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ colander
- ☐ cutting board

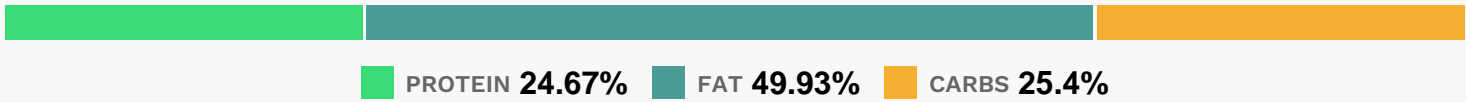
Directions

- ☐ Soak mushrooms in 5 cups boiling-hot water in a bowl, keeping them submerged with a small plate and turning mushrooms over occasionally, until softened and cool enough to handle, about 30 minutes. Squeeze excess liquid from caps back into bowl and reserve liquid, then cut out and discard stems from mushrooms.
- ☐ Cut caps into 1-inch wedges.
- ☐ While mushrooms soak, carefully break bean curd skins in half crosswise, then halve each portion crosswise again.
- ☐ Transfer to a bowl, then add enough boiling-hot water to cover and soak, turning occasionally, until softened, about 30 minutes.
- ☐ If using fresh bamboo, trim bottoms of shoots, then halve shoots lengthwise with a sharp heavy knife. Pull off and discard leaves from shoots, then remove any blemishes with a sharp paring knife (don't worry about natural dotted pattern along base of shoots).
- ☐ Cover fresh or frozen bamboo with cold water by 1 inch in a 2-quart saucepan and bring to a boil. Boil 2 minutes, then drain in a colander and rinse under cold water. Repeat boiling and

rinsing, then arrange bamboo halves, cut sides down, on a cutting board and cut bamboo lengthwise into 1/4-inch-thick slices.

- ☐ Soak noodles in cold water to cover until softened, about 5 minutes, then drain in colander and transfer to a bowl.
- ☐ Drain bean curd skins in colander. When cool enough to handle, squeeze dry and cut crosswise into 1-inch pieces.
- ☐ Halve tofu lengthwise, then cut each half crosswise into 1/2-inch-thick slices.
- ☐ Heat oil in a 5- to 6-quart wide heavy pot over moderate heat until hot but not smoking.
- ☐ Add ginger and garlic and cook, stirring, 30 seconds.
- ☐ Add mushrooms, bean curd skins, bamboo, and ginkgo nuts and cook, stirring, 2 minutes. Stir in oyster sauce, soy sauce, rice wine, and sugar and simmer 1 minute.
- ☐ Add reserved mushroom-soaking liquid and bring to a boil. Gently stir in tofu and soybean sprouts, then reduce heat to low and simmer, covered, 15 minutes. Gently stir in noodles and simmer, covered, 5 minutes.
- ☐ Add romaine hearts (pot will be full) and turn to coat, then simmer, covered, until romaine is tender, about 5 minutes.
- ☐ · Mushrooms, bean curd skins, and noodles can be soaked (but not drained) 1 day ahead and chilled in their soaking liquid separately, covered.
- ☐ Drain (reserve mushroom-soaking liquid) before using: Bamboo shoots can be cooked 1 day ahead and cooled completely, then cut and chilled in cold water, covered.
- ☐ Drain before using: Buddha's Delight, without romaine, can be made 2 hours ahead and kept at room temperature, uncovered. Bring to a boil and proceed with recipe.

Nutrition Facts



Properties

Glycemic Index:27.97, Glycemic Load:1.28, Inflammation Score:-9, Nutrition Score:10.918260880786%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 252.03kcal (12.6%), Fat: 14g (21.54%), Saturated Fat: 1.83g (11.47%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 12.71g (4.62%), Sugar: 1.99g (2.21%), Cholesterol: 0mg (0%), Sodium: 688.96mg (29.95%), Alcohol: 1.21g (100%), Alcohol %: 0.38% (100%), Protein: 15.56g (31.13%), Vitamin A: 2487.58IU (49.75%), Vitamin K: 39.53µg (37.65%), Calcium: 193.08mg (19.31%), Manganese: 0.34mg (17.15%), Iron: 2.77mg (15.38%), Copper: 0.27mg (13.57%), Folate: 53.59µg (13.4%), Fiber: 3.32g (13.28%), Magnesium: 35.6mg (8.9%), Phosphorus: 88.09mg (8.81%), Vitamin B2: 0.13mg (7.53%), Vitamin B3: 1.45mg (7.23%), Potassium: 214.89mg (6.14%), Vitamin B6: 0.12mg (6.09%), Zinc: 0.86mg (5.75%), Vitamin B1: 0.08mg (5.4%), Vitamin B5: 0.45mg (4.5%), Selenium: 2.48µg (3.54%), Vitamin C: 2.88mg (3.49%), Vitamin E: 0.51mg (3.38%)