

A Recipe from KNOPF

STIR-FRIED MUSHROOMS with Snap Peas in Oyster Sauce



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Snap peas, snow peas, and snow pea greens have similar tonic qualities: Chinese doctors feel not only that they are rich in iron and vitamins, but also that they promote urination and counteract the effects of ulcers.

Shiitake mushrooms are especially effective in bolstering the immune system, while oyster mushrooms are credited with inhibiting tumors.

I love the flavor and textural contrast of meaty mushrooms and crisp snap peas, particularly when drenched in a sumptuous oyster sauce. If snap peas are unavailable, use snow peas and decrease the cooking time briefly.

INGREDIENTS

- ½ pound shiitake mushrooms, stems trimmed and lightly rinsed
- ½ pound oyster mushrooms, stems trimmed and lightly rinsed (if unavailable, substitute shiitake mushrooms)
- ½ pound cremini mushrooms, stems trimmed and lightly rinsed
- 2 ½ teaspoons canola or corn oil
- 1 pound snap peas, ends snapped and veiny strings removed, rinsed and drained
- 1 tablespoon minced garlic
- 2 tablespoons rice wine or sake
- ½ teaspoon salt, or to taste

SEASONINGS

- 1 tablespoon minced garlic
- 1 tablespoon minced fresh ginger

OYSTER SAUCE (mixed together)

- 3 ½ tablespoons good-quality oyster sauce
- 1 ½ tablespoons rice wine or sake
- 1 ¼ teaspoons sugar
- ½ teaspoon toasted sesame oil
- ½ cup chicken broth or water
- 1 teaspoon cornstarch

Cooking Time: 30 minutes
Serves 6

With a sharp knife, cut all the mushrooms into quarters, depending on the size.

Prepare the Seasonings and set by the stove.

Heat a wok or heavy skillet until very hot, add 1 teaspoon of the oil and heat until hot. Add the snap peas, minced garlic, rice wine or sake, and salt, and toss lightly over high heat about 1 ½ minutes, until the peas are just tender (snow peas will take slightly less time). Remove from the pan and arrange the peas around the outside of a serving plate.

Reheat the pan and the remaining 1 ½ teaspoons oil until very hot. Add the Seasonings and stir-fry about 10 seconds, until fragrant. Add the mushrooms and toss lightly with a spatula over high heat about 1 minute. Add the premixed Oyster Sauce and toss lightly to thicken it, stirring constantly to prevent lumps. Scoop the mushrooms and sauce into the circle inside the snow peas. Serve immediately.

From *A SPOONFUL OF GINGER* by Nina Simonds.
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