

# Steamed Seitan with Mushrooms & Dried Lily Flowers

Yield: 4 min

Total Time: 180 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-dried-lily-flower-recipe>

## Ingredients:

- 1/3 cup dried wood ear mushrooms
- 1/2 cup lily flowers dried
- 4 dried shiitake mushrooms large
- 1 1/2 cups chicken " seitan, regular seitan, tofu puffs, seitan puffs, soaked bean threads, and/or spiced tofu, cut into bite-sized pi...
- 1/2 cup soaking liquid mushroom, the water you used to soak the shiitakes; strained
- 1 tablespoon vegetable oil
- 1/2 teaspoon sesame oil
- 1 tablespoon Shaoxing wine or dry cooking sherry
- 1 tablespoon vegetarian oyster sauce or regular oyster sauce
- 1/2 teaspoon sugar
- 3/4 teaspoon salt
- 1/4 teaspoon white pepper
- 1 teaspoon ginger grated
- 1 scallion chopped, white and green portions separated
- 1 1/2 tablespoons cornstarch

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 55 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 19 grams

7. SaturatedFat: 1 grams
  8. Sodium: 980 milligrams
  9. Sugar: 1 grams
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