

# Poon Choi / Pen Cai

Yield: 10 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-recipe-for-sea-cucumber>

## Ingredients:

- cooking oil
- 20 slices ginger thin
- 8 pieces garlic skin off
- 6 stalks spring onions cut into half
- 2 tablespoons light soy sauce superior
- 1 tablespoon oyster sauce
- 4 tablespoons wine Chinese, Shaoxing wine, Shao Hsing Jiu, ???, ???
- 3/4 tablespoon rock sugar
- 1 tablespoon sesame oil
- white pepper
- sea salt Some
- 4 cups homemade chicken stock or 2 chicken stock cubes mixed with hot water
- corn starch for thickening the sauce, optional
- 3 2/3 cups napa cabbage washed and cut into 4 sections
- 1 carrot large red, peeled and slices into 1 cm wedges
- 1 1/8 cups broccoli florets
- 12 pieces pork crispy roasted, I used homemade roasted pork. Click the link above to find out how to make yours. You can also use roas...
- 7 ounces fish maw, Soak in water for 15 minutes, rinse and cut into 2cm
- 10 pieces shiitake mushrooms Soak in the water till soft. Remove the stems, wash and set aside
- 1 handful black moss or fat choy, ??, Soak in water till soft and set aside
- 1 bean curd pack bean curd, Soak in water till soft and set aside
- 2/3 pound sea cucumber Wash and cut into 2cm.
- 10 pieces abalone fresh, Cleaned – You may also use canned abalone.
- 10 prawns large tiger, Trim and wash
- 10 pieces scallops fresh, or 12 pieces of dried scallops. Rinse and soak for 10 minutes.