

# Buddha's Delight

Yield: 8 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-ginkgo-nut-recipe>

## Ingredients:

- 12 dried black mushrooms large, 3 oz
- 5 cups hot water boiling-, plus additional for soaking bean curd skins
- 2 bean curd skins dried, 2 oz total
- 1/2 pound bamboo shoots fresh or thawed frozen large
- 3 ounces bean thread noodles very thin, 2 small skeins; also known as cellophane, glass, or mung bean noodles
- 1/2 pound cake firm fresh tofu, or 1/2 cake from a 14- to 16-oz package, rinsed and drained
- 2 tablespoons peanut oil
- 2 garlic cloves
- 1 piece fresh ginger
- 1/2 cup ginkgo nuts peeled shelled fresh or frozen
- 1/3 cup vegetarian oyster sauce
- 1/4 cup light soy sauce preferably Pearl River Bridge brand
- 1/4 cup chinese rice wine preferably Shaoxing or medium-dry Sherry
- 3/4 teaspoon sugar
- 2 cups soybean sprouts fresh, 1/4 lb
- 2 romaine hearts, trimmed and quartered lengthwise, then cut into 2-inch pieces, 6 cups

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 15 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 5 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 900 milligrams
9. Sugar: 3 grams

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