

Chinese Vegetarian Duck (??)

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-vegetarian-duck-recipe>

Ingredients:

- 2 ounces dried shiitake mushrooms
- 4 ounces bamboo shoots thinly julienned
- 4 ounces carrot thinly julienned
- 1 tablespoon ginger finely julienned
- 3 tablespoons neutral oil
- 1 tablespoon Shaoxing wine
- 2 tablespoons light soy sauce
- 1 tablespoon vegetarian oyster sauce can substitute regular oyster sauce if you don't mind the recipe not being completely vegetarian
- 4 sheets bean curd skin large circles, about 24 inches in diameter
- 2 tablespoons vegetarian oyster sauce mixed with 2 tablespoons/30 ml water
- 1 1/4 cups mushroom soaking water
- 1 tablespoon vegetarian oyster sauce
- 2 teaspoons sugar
- 1 tablespoon Shaoxing wine
- 1 tablespoon light soy sauce
- 1/2 teaspoon sesame oil
- 1/2 teaspoon dark soy sauce
- 3 tablespoons neutral oil
- 1 scallion chopped

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 15 grams
3. Fat: 14 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 820 milligrams

8. Sugar: 4 grams

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