

Hong Shao Kao Fu - Braised Wheat Gluten with Mushrooms

Yield: 3 min
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/gluten-and-peanuts-chinese-recipe>

Ingredients:

- 2 pieces gluten dried wheat, /kao fu, about 5" x 5" each: Soak in warm water until soft
- 12 shiitake mushrooms soaked in warm water until soft
- 1 handful dried wood ear mushrooms soaked in warm water until soft
- 1 handful warm water dried lily-flower, soaked in, until soft
- 3 tablespoons oil
- 3 slices ginger
- 1/4 cup unsalted peanuts raw or roasted, shelled and skins removed
- 3 tablespoons Shaoxing wine
- 3 tablespoons light soy sauce
- 1 tablespoon dark soy sauce
- 3 teaspoons sugar
- 3 cups water

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 16 grams
3. Fat: 19 grams
4. Fiber: 4 grams
5. Protein: 7 grams
6. SaturatedFat: 2 grams
7. Sodium: 1220 milligrams
8. Sugar: 6 grams

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