



Recipe

Kylie Kwong's Sung Choi Bao
of Vegetables with Ginger

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Serve as starter for 4–6.

Ingredients:

1 small iceberg lettuce
2 tablespoons *tamari / light soy
1 tablespoon malt vinegar
1 teaspoon brown sugar
½ teaspoon sesame oil
2 tablespoons vegetable oil
5 cm x 2 cm knob (20 g) ginger, roughly diced
½ small red onion, finely sliced
80 g green beans, trimmed and finely sliced
1 small zucchini, finely diced
2 sticks celery, trimmed and finely sliced
2 tablespoons shao hsing wine or dry sherry
1 Chinese cabbage leaf, finely shredded
1 small carrot, julienned
45 g (1/2 cup) bean sprouts
Sliced large red chilli, to serve (optional)

Method:

1. Cut out and discard the core of the lettuce, then soak the entire lettuce in cold water for 1 hour (this will make it easier to pull apart the leaves). Drain well and separate leaves. Cover and refrigerate until ready to serve.

2. Combine tamari or light soy, vinegar, sugar and sesame oil in a small bowl and set aside.

3. Heat vegetable oil in a hot wok until the surface seems to shimmer slightly. Add ginger, onion and stir-fry for 1 minute.

4. Add beans, zucchini and celery and stir-fry for 1 minute. Add wine or sherry and cook for 30 seconds.

5. Add tamari mixture and stir-fry for 2 minutes or until sauce is slightly thickened.

6. Add cabbage, carrot, bean sprouts and stir to combine. Remove from the heat

7. Using a slotted spoon, remove vegetable mixture from wok, draining well so that any juices are left in the wok. Serve in a bowl set on a large platter, accompanied with lettuce-leaf cups.

8. To eat, simply spoon vegetable mixture into lettuce cups, roll up to enclose and eat with your fingers. Serve with slice chilli, if you like.



*Tamari contains little to no wheat and is therefore an excellent substitute for light soy, which contains wheat.