

MARINATED WOOD EAR MUSHROOM SALAD

An easy cold Asian salad with a spicy-sour flavor great for summer.

Requires 5 minutes to make. Serves 2 adults.



Ingredients

Wood Ear mushrooms	1 carrot
1 small bunch of cilantro	1-2 little red chili peppers (optional)

Sauce:

1 tsp. salt	2 tsp. light soy sauce (low sodium)
2 tsp. sesame oil	3 tsp. vinegar

Directions

Wash Wood Ear mushrooms carefully. If they are a little dry, you can soak them in warm water for a few minutes. With a small paring knife remove the small tough root from where the mushroom grew. Then slice them to whatever size you prefer.

Cut the red pepper into small pieces, slice the carrot, and chop the cilantro.

Boil water in a large pot and blend the mushrooms and carrot slices in boiling water for 3 minutes. Remove it to a bowl or plate and set aside.

Mix all the sauce together with the blended wood ear mushrooms and carrot slices well. And then mix the chopped coriander in too. Decorate with chopped chili peppers and enjoy!

Notes:

If you do not like a spicy flavor, you can skip the chopped chili peppers. Or if you love spicy taste, add 2 teaspoons of chili oil in the sauce. This recipe is very flexible adjust any of the ingredients to suite your personal taste.



Credit: www.chinasichuanfood.com

This mushroom is known contain anticoagulant substances that act like blood thinners creating effects similar to that of aspirin. If you are taking aspirin or other blood thinners, please consult your doctor before ingesting this mushrooms.

*Look for more recipes on our website:
2AngelsMushrooms.com*