

Braised Won Bok with Mixed Vegetables
(serves 6)

- 4 Tbs Canola/Peanut/Corn Oil
- 3 cloves Garlic, whole cloves to flavor the oil
- 3oz. Dried shitake mushroom, medium sized(*about 20 small or 10-12 large*)
-pre-soak in water, blot dry, thinly sliced keep soaking water
- ¼ cup Dried shrimps
- 1 whole (about 2 lbs.) Won bok (or Napa Cabbage) sliced
- 3 Tbs Sherry
- 4 oz Bean Threads (about 3 small bundles) Presoak bean threads in cold water for about 15 min., drain dry in a colander
- 3 Tbs Oyster sauce
- 1 cup Chicken broth

Other ingredients that can be added: long beans cut into 2 inch strips, carrots slices, strips of chicken or beef

Slurry (Thickener): Add cornstarch to chicken broth, stir well to create a milky slurry, set aside. Stir again to mix well before use.



- 2 Tbs Cornstarch for slurry
- ½ cup Chicken broth for slurry

1. Heat pot until it just starts to smoke
2. Add oil and let it heat up and just before it smokes
3. Immediately add garlic, let it brown to caramelize
4. Add mushroom slices and dried shrimps and sauté till fragrant
5. Add cabbage and sauté until evenly coated with oil
6. Add bean threads, chicken broth, and oyster sauce and mix well
7. Turn heat to medium/slow to simmer and add chicken broth slurry till thickened

Nutrition Facts	
Serving Size (221g)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 720mg	30%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 4g	
Vitamin A 6%	• Vitamin C 6%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a diet of 2,000 calories depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	