



Sea Cucumber Stir Fry

CA

WA

Ingredients

- 3-4 boiled sea cucumber, scrubbed and rinsed*
- 1/2 can of baby corn, drained
- 4-6 fresh or rehydrated shiitake mushrooms, sliced
- 1/2 onion, sliced
- 2 green onions, finely sliced
- 1/2 can of water chestnuts, drained
- 1/2 green bell pepper, chopped bite-size
- 1/2 red bell pepper, chopped bite-size
- 1 cup eggplant, chopped bite-size
- 1 cup broccoli, chopped bite-size
- 1 cup cilantro, de-stemmed and chopped
- 1 cup fresh basil, torn

1/2 cup bamboo shoots, drained
1 tablespoon oyster sauce
1 tablespoon sesame oil
1 thumb ginger, peeled and minced
2 cloves garlic, minced
1 spicy birds-eye chili or other hot pepper, minced
1 tablespoon soy sauce
1 tablespoon of neutral high-heat oil

*See "[Preparing Fresh Sea Cucumber](#)" for boiling instructions

Chop boiled sea cucumbers into bite-size pieces after a scrub and rinse. Cut and discard the mouthpart structures.

In a large skillet or wok over medium-high heat, add oil, followed by ginger and garlic when oil is hot.

Add onion and stir aromatics, lowering heat to avoid burning the garlic.

After 1 minute, add shiitake mushrooms, sea cucumber, oyster sauce, and soy sauce.

Stir frequently for 2-3 minutes, then add bell peppers, eggplant, and broccoli, as well as canned vegetables.

Cook for 5 minutes, stirring frequently.

Add hot chili pepper, toss, and cook for 2 minutes, then remove from heat.

Drizzle and toss in sesame oil, plate, and top with green onion and cilantro.

Recipe from [Fishful Future](#)

Photo by Jake Stein

Species Group

Sea Urchins, Sea Cucumber