

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

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

^{*}See "Preparing Fresh Sea Cucumber" for boiling instructions