

Moo Shu Vegetables

with Pancakes & Plum Sauce

In the 20th Century, a new entrée began to turn heads in the United States: moo shu pork. As a Northern Chinese dish, it shook up the scene of American Chinese food, most of which reflected the culinary traditions of the Southern provinces. This recipe puts a vegetarian spin on classic moo shu. We're sautéing shiitake mushrooms, carrots and cabbage—then wrapping the vegetables up in moist, delicate Chinese pancakes. Served on the side, sweet plum sauce puts the dish over the top.



Ingredients

- 2 Farm Eggs
- 6 Moo Shu Pancakes
- 4 Ounces Shiitake Mushrooms
- 3 Cloves Garlic
- 2 Scallions
- 2 Carrots
- 2 Stalks Celery
- ¾ Pound Napa Cabbage

Knick Knacks

- 2 Tablespoons Soy Sauce
- 1 1-Inch Piece Ginger
- ⅓ Cup Plum Sauce

Makes 2 Servings

About 500 Calories Per Serving

Prep Time: 15 min | Cook Time: 15 to 25 min



1



Prepare the ingredients:

Wash and dry the fresh produce. Crack the eggs into a bowl; beat until smooth. Cut off and discard the mushroom stems; thinly slice the caps. Peel the carrots and cut into matchsticks. Thinly slice the celery on an angle. Peel and mince the garlic and ginger. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Cut out and discard the cabbage core; thinly slice the leaves crosswise.

2



Start the vegetables:

In a large pan (nonstick, if you have one), heat 2 teaspoons of oil on medium-high until hot. Add the **mushrooms** and cook, stirring occasionally, 4 to 6 minutes, or until browned and slightly crispy. Add the **carrots** and **celery**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.

3



Add the aromatics:

Add the **garlic**, **ginger** and **white bottoms of the scallions** to the pan of vegetables. Cook, stirring occasionally, 1 to 2 minutes, or until fragrant.

4



Finish the vegetables:

Add the **eggs** to the pan of vegetables and cook, stirring frequently, 30 seconds to 1 minute, or until just cooked through. Add the **cabbage** and **soy sauce**. Cook, stirring occasionally, 1 to 2 minutes, or until thoroughly combined and the cabbage is slightly wilted. Transfer to a bowl and set aside in a warm place. Wipe out the pan.

5



Warm the pancakes:

Fill a small bowl with water. Heat the pan used to cook the vegetables on medium until hot. Working 1 pancake at a time, using your fingers or a brush, lightly moisten both sides of the **pancakes** with the water; add to the pan and heat 10 to 15 seconds per side, or until warm and pliable. Transfer to a plate and cover with a damp paper towel.

6



Plate your dish:

Transfer the **warmed pancakes** to a clean, dry work surface. Divide the **finished vegetables** between the pancakes; loosely fold the pancakes over the vegetables to create wraps. Divide between 2 plates. Garnish with the **green tops of the scallions**. Serve with the **plum sauce** on the side. Enjoy!