

SHITAKE MUSHROOMS WITH TOFU



Serves 4

Shitake Mushrooms are good for the Stomach, blood and energy. Peas are an excellent toner for the Spleen in Spring. Peas also help qi to move in the appropriate direction – and ease hiccups and coughing. People who are cold or deficient may need to add ginger to this meal.

Ingredients:

3 dried shiitake mushrooms

1 tablespoon sesame oil

1 cup green peas

1 carrot, grated

Pimch of salt

1 cake tofu

Dash of tamari

Directions:

Soak mushrooms in a cup of water for 20 minutes

Drain, but keep the water

Finely chop mushrooms and saute in sesame oil in a wok for two minutes

Add peas and carrot and saute for a further two minutes

Add 1/3 of a cup of reserved water (from mushroom soaking) and salt

Cover and cook for 20 minutes

Put tofu and 1/3 cup of reserved water through the blender or mash with a fork

Add tofu and tamari to wok and cook for five minutes

Serve with rice.