

VIETNAMESE-STYLE CABBAGE STIR-FRY

Shojin cooking around the world!



INGREDIENTS (SERVES 3)

- A few sprigs fresh coriander (cilantro)
- 2-3 star anise
- Dash of chilli flakes
- 3 Tbsp soy sauce, divided
- 2 Tbsp sake, or dry sherry
- 1 Tbsp roasted sesame oil
- Oil for frying
- 300 g (3 medium) carrots
- 800 g (1¾ pounds) sweetheart cabbage
- 250 g firm Tofu
- 1 Tbsp chopped peanuts (optional)



1. Peel and julienne the carrots.

Trim the outer leaves and cut the cabbage into ½ cm (¼") x 5 cm (2") slices. Medium-dice the Tofu.

Roughly chop the coriander leaves. Roughly chop the peanuts, If using.



2. Bring a pot of salted water to a boil. Add the carrots and return to boiling. Simmer until tender, about 1 minute, scoop out with a slotted spoon and put into a colander to drip-dry.



3. Next, add the cabbage and return to boiling. Simmer for about 1 minute, scoop out with a slotted spoon and put it into the colander with the carrots. Cover to keep warm.



4. Heat a non-stick frying pan on medium flame. Put in the Tofu and stir-fry until golden-brown, then add 1 Tbsp of soy sauce and stir-fry until all the liquid evaporates.



5. Heat a wok or a stew pot on a medium flame and add a Tbsp of oil, star anise, chili flakes and stir-fry. Then put in the fried Tofu. Next, add the carrots.

Recipe by Rev. Myoho Gabrysch

In 2002, she settled in the Netherlands with Rev. Coppens Tenkei and — with a dedicated group of students — established Zen River Temple, a community of residents and members with an ongoing daily program and monthly sesshins. She has published a book of recipes "Zen River Cookbook" and will be publishing the second volume of new recipes soon.



Please visit our website
for more Shojin cooking!

VIETNAMESE-STYLE CABBAGE STIR-FRY

Shojin cooking around the world!



CONTINUED



6. Add then the cabbage and stir-fry for one minute. Add 2 Tbsp of soy sauce, sake, and sesame oil. Stir-fry for a further minute. Turn off the flame.



7. Serve with fresh coriander, chopped peanuts, Indonesian soy sauce.

Recipe by Rev. Myoho Gabrysch

In 2002, she settled in the Netherlands with Rev. Coppens Tenkei and — with a dedicated group of students — established Zen River Temple, a community of residents and members with an ongoing daily program and monthly sesshins. She has published a book of recipes “Zen River Cookbook” and will be publishing the second volume of new recipes soon.



*Please visit our website
for more Shojin cooking!*