

EGG FOO YUNG MAITAKE

Egg foo yung is best described as an Asian omelet containing a mixture of chopped foods and served with a flavorful sauce.

By Executive Chef Jason Strotheide, Residential Dining Services

Featured Food: Maitake Mushrooms

Yield: Serves 6

Ingredients

For the omelets:

2 T sesame oil

3 T vegetable oil

6 large eggs

½ t ground white pepper

8 ounces maitake mushrooms, stemmed and chopped

1 medium yellow onion, cut in 1 inch julienne

3 oz. Chinese eggplant (about 2), cut in half lengthwise, then ¼ inch bias cut

2 T minced fresh garlic

¼ c thin bias cut green onions

For the sauce:

2 T granulated sugar

1 T hoisin sauce

3 T sherry wine

2 t vegetable base (find in soup aisle of grocery store next to bouillon)

3 T tamari soy sauce

1 ½ c water

2 T + 2 t cornstarch

Preparation

Combine sauce ingredients in saucepan and mix until smooth. Bring to simmer over medium heat, stirring every few minutes until thickened. Keep warm until ready to serve.

Combine oils in small container; set aside. Combine eggs and white pepper in bowl and whisk until smooth; set aside.

Heat nonstick pan or griddle over medium high heat. In small batches, heat oil and sauté mushrooms, onions, eggplant, garlic, and green onion for 2 to 3 minutes until vegetables begin to soften. Add whisked egg and cook as you would an omelet, flipping it over to lightly brown both sides.

Ladle sauce over the omelet and serve with rice and soft flat bread such as flour tortillas or scallion pancakes.