

碧石山

WILDCHINA

STIR-FRIED CHICKEN AND MUSHROOMS

Farmer Xiong's recipe, Guangdong 2020

In our WildChina On-Air series this January, we traveled to a sustainable mushroom farm in Guangdong. Farmer Xiong, who showed us around his farm near Shaoguan, shared the recipe for his family's favorite dish. We hope you enjoy it!

Serves 2-4

1 peeled carrot, thinly sliced

10 shitake mushrooms, whole

3 cups of black ear fungus, whole

200g of chicken, roughly chopped

Add oil to wok over a high heat until a little smoke rises from the wok; cook the chicken until brown.

Add the chunks of carrot, the shitake mushrooms and the black ear fungus; stir vigorously over a high heat for a few minutes; stir and mix evenly.

Place on a plate or in a bowl; serve hot