

Chinese Mushroom Boats

Courtesy of Carole's Creations

Prep Time: 5 minutes

Cooking Time: 18 – 20 minutes

Makes: 8 or more boats, enough for 4 + people

CChints: The Asian food isle is where you will find the sesame oil, Ponzu, Oyster and Soy sauces and water chestnuts. This can be made a day ahead or even frozen until needed in an air-tight container.



- 2 teaspoon sesame oil, divided
- 3 cloves garlic, minced, fresh or from a jar
- 8 ounce package cremini (portabella) mushrooms, diced to make approx. 3 cups
- 2-1/2 to 3 ounce package shitake mushrooms, caps only diced
- 1 pound ground chicken, turkey or lean beef
- 5 cups shredded napa cabbage (approx. 2 lb. head of cabbage)
- 8 ounce can sliced water chestnuts, drained and diced
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons oyster sauce
- 2 tablespoons Ponzu (Citrus Soy Sauce)
- 2 teaspoon minced ginger, fresh or ground paste from a jar
- 1 cup minced green onions, green parts only
- 1 head of romaine lettuce
- 1/4 cup fresh cilantro, chopped
- Garnish with sliced, pickled beets

Heat 1 teaspoon sesame oil in a dutch oven or soup pot over medium heat. Add the garlic, stir and cook for 1 minutes. Add all the mushrooms and meat. Cook for 8 minutes, stirring often and breaking up the meat as it cooks. During this time you can chop the cabbage and water chestnuts. When the meat is done, drain off any excess liquid or fat but keep the meat mixture in the pan.

Add the cabbage and water chestnuts and cook for 5 - 8 minutes until the cabbage has wilted. Mix the remaining 1 teaspoon of sesame oil, the 3 sauces and ginger together in a small bowl. Turn off the heat and stir in the green onions and the sauce mixture. Allow to cool while you break off the romaine leaves, trimming off the ends. Note: If you are making this dish a day ahead, do not put the mixture in the leaves or garnish with the beets until you are ready to serve.

To serve, put 2 leaves on each plate or fill one large platter. Fill each leaf with the mixture. The leaves will vary in size and the amount you put in each will vary from a few tablespoons to 1/2 cup. Sprinkle with cilantro, garnish with beets and enjoy.