

Double-steamed Mutton with Hou Tou Mushroom and Carrot

猴头菇胡萝卜炖羊肉

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Ingredients:

99g-Hou Tou Mushroom (Hericium Erinaceus) 猴头菇-清香

1-Whole Carrot 红萝卜-清甜

900g-Mutton 羊肉-甜

1-Scallion 葱-辛辣

9-Red date 红枣-甜

9g-Gou Ji berry 枸杞子-甜

3-Black Mushroom 黑蘑菇-清香

3-Pieces Fresh Ginger 生姜-辛辣

1-Quarter dried tangerine peel 陈皮-清香



Ingredient Function:

猴头菇与熊掌、海参、鱼翅同列“四大名菜”。菌肉鲜嫩，香醇可口，有“素中荤”之称，明清时期被列为贡品，猴头菇是食用蘑菇中名贵的品种。野生猴头菇多生长在柞树等树干的枯死部位，远远望去似金丝猴头，故称“猴头菇”，又像刺猬，故国内外又有“刺猬菌”之称。

1. Hou Tou Mushroom (also called *Hericium erinaceus*, Bearded Tooth Mushroom, or Bearded Tooth Fungus)

In traditional Chinese medicine this mushroom has long been considered a medicinal mushroom and a study on rats in 2005 showed that some compounds in the mushroom, like threitol, D-arabinitol, and palmitic acid may have antioxidant effects, may regulate blood lipid levels and may reduce blood glucose levels. (1987) reports that pills of this mushroom are used in the treatment of gastric and esophageal carcinoma.

2. Carrot: Strengthening the spleen, aiding digestion, reinforcing the liver, promoting the acuity of vision.

3. Mutton: Nourish Blood and tonify Qi, warm the Middel Jiao and kidney.

4. Scallion: Reinforcing the Stomach and aiding digestion. Reduce the some smell of Mutton.

5. Red date: Tonify blood, strengthening the spleen. (Red)

6. Gou Ji berry: Tonify Kidney and nourishing the liver, good for eyes.

7. Black Mushroom: Reinforcing the spleen, and replenishing Qi, induces an immune response.

8. Ginger: Warm in nature, expel and prevent coldness, and propensity for the lung, spleen and stomachs.

9. Dried tangerine peel: Promote circulation of the Qi, strengthen the lung and spleen Qi.

Recipe Function: Warm the spleen and stomach and aiding digestion, detoxifying, nourish the blood.
(Tips: Good for winter time)

Applications: Insomnia, fatigue, poor appetite, induce an immune response, diabetes, high cholesterol.



Method:



1. Wash and clean all ingredients.
2. Soak Hou Tou Mushrooms into warm water with light salt, over one hour, squeeze out the water until water runs clear, and inside soft. (Tips: the function can clean bitter taste from Hou Tou Mushrooms)
3. Soak Black-Mushroom over one hour with warm water until soft.
4. When finish soaking; Chop the Hou Tou Mushrooms, Black-Mushroom, Mutton and Carrot into small pieces.
5. Scald Mutton into boil water 3 minute with Ginger and Scallion, rinse in cold water. (Tips: Reduce bad smell)
6. Put all ingredients and warm water into a double-steaming pot. Add water *double-steam* over *low heat* for about *2-3 hours* until mutton tender. Sprinkle salt to season, drink the soup and eat the mutton and mushrooms.