

## Jap Chae

3 oz (100g) string beans	3 tablespoons minced green onion
3 oz (100g) carrot	1 teaspoon minced garlic
3 oz (100g) onion	1 tablespoon sesame oil
3 oz (100g) bamboo shoots	Dash of pepper
1 rib of celery	Sesame oil
5-6 dried Chinese mushrooms	2 eggs
5 cloud ears (a cup shaped fungus with crunchy texture)	2 tablespoons soy sauce
1 1/2 oz (50g) Chinese vermicelli	1 tablespoon sugar
7 oz (200g) thinly sliced beef	A little salt
Seasoning Mixture:	1 1/2 tablespoons toasted & ground sesame seeds
2 tablespoons soy sauce	
1 tablespoon sugar	

1. Parboil string beans in salt water, submerge in cold water to preserve bright color, drain and shred. String celery stalk. Shred celery, carrot, bamboo shoot, and onion into 2-inch (5 cm) lengths. Soak dried Chinese mushrooms in water, remove stems and shred. Soak cloud ears in water, remove hard "eyes", and shred coarsely. Soak Chinese vermicelli in water, cut into several portions; let sit in colander to drain thoroughly.

2. Shred sliced beef and combine with Chinese mushrooms and Seasoning Mixture.

3. Saute shredded vegetables and vermicelli separately in sesame oil. When softened, sprinkle with a little salt to taste.

4. Quickly saute beef, Chinese mushrooms, and cloud ears over high heat.

5. Make Egg Decoration (lightly beat eggs and thinly cook into thin sheets; cook and shred).

6. Save some of the Egg Decoration for garnishing the dish. Mix the rest with all the other cooked ingredients and stir in the soy sauce, sugar, and sesame seeds. You may want to change the amount of soy sauce depending on how much salt you used in step 3.

7. Place in serving bowl and garnish with reserved Egg Decoration.

### **Note:**

Though time consuming, it is important to saute the vegetables separately to avoid overcooking or undercooking them and to preserve their individual character.