



## On-line Cooking Demo: Preparation Instructions

### MU SHU VEGETABLE STIR FRY WITH SPRING ONION PANCAKES

Serves: 4-6

#### **Produce:**

1 bunch green onions  
Fresh ginger  
1 sweet red pepper  
2 carrots  
1 ½ cups shredded green cabbage  
227- gram package cremini or button mushrooms

#### **Pantry:**

All- purpose flour  
Sea salt  
Toasted sesame oil  
Low sodium tamari  
Freshly ground black pepper  
White sugar  
Avocado oil  
Water chestnuts  
2 Tbsp Sake or Sherry Cooking wine (if you don't have either of these, you can use dry white wine or Vermouth)  
Hoisin sauce

#### **Protein:**

4 eggs

#### **Equipment:**

Kettle for boiling water  
2 medium bowls  
1 small bowl  
Damp towel  
Wok or large non-stick frying pan  
Non-stick skillet (cast iron if available)  
Rolling pin (or any large bottle ex. wine)  
Pastry brush  
Cookie sheet  
Parchment paper