

Braised Baked Bran

Ingredients

Baked bran
Day lilies
Chinese mushrooms
Bamboo shoots
Black fungus

Seasoning

Salt
Dark soya sauce
Sugar
Chicken powder



The Steps

Soak baked bran, day lilies, Chinese mushrooms, bamboo shoots, black fungus.

Boil baked bran in hot water for about 2 mins. Cool it under running water. Squeeze out all water and cut in into small blocks.

Colour baked bran with dark soy sauce.

Heat the sauce pan with oil.

Pan-fry baked bran. Soak excess oil.

Stir-fry baked bran, day lillie, Chinese mushrooms, bamboo shoots, black fungus.

Add water. Simmer for few minutes till soft & dry.

Add the pan-fried baked bran into the ingredients.

Season with salt, chicken powder & sugar.

Done!



Cornell[®]
a simpler life

Cooking Tips:

1. Use more oil to pan-fry baked bran as it has a high absorbance rate. Lack of oil can cause the baked bran to stick to the wok.
2. The more water you can squeeze from the baked bran, the easier you can bring out the taste.
3. Sugar is a must-have seasoning. The genuine braised baked bran is known for its sweetness.