

Milkweed Mushroom Moo Shu

Ingredients

- 1 cup all-purpose flour
- 1/3 cup hot water
- Around 10 milkweed buds or flowers with as much of the stem removed as possible.
- 2 cloves of garlic
- ¼ tsp. minced ginger (I used pickled ginger, but fresh is also lovely)
- ½ a medium onion
- 3 mushrooms
- Sesame oil, for cooking
- ¼ cup white wine
- 1 tbsp. soy sauce

Steps

1. Combine flour and hot water in a large bowl and stir. When it forms a dough, remove and knead on a floured surface until the dough is smooth- 5-10 minutes. Let rest for 20 minutes or so, covered.
2. Divide the dough into 12 pieces. One at a time, on a well-floured surface, roll each piece into a small circle. Stack two small circles on top of each other (for a total of 6 pancakes) and roll together into a thin circle. Cook each pancake by placing on a hot, lightly greased skillet, flipping frequently so it blisters but does not get much color. Set all the pancakes aside in a warm oven and make your filling.
3. Bring a pot of water to a boil, add the milkweed and cook for 3 minutes. Drain and set aside. Mince the ginger and garlic, slice the onions and mushrooms.
4. Heat the sesame oil on medium in a large skillet. Add the garlic and ginger and cook until fragrant, but not turning golden. Add the onions and mushrooms and cook for a few more minutes before adding the milkweed. While cooking the milkweed, break it up a little with your spatula. Season with wine and soy sauce and continue to cook, stirring, until most of the liquid is evaporated.
5. Serve the milkweed mixture warm with the pancakes, and enjoy!

