



Crispy Egg Foo Young Pancake

with Shiitake Mushroom Umami Sauce



20-30min



2 Servings

Shiitake mushrooms, native to East Asia, have a deep, earthy flavor and pack a definite umami punch. Here, we combine the mushrooms with savory tamari, aromatic ginger and garlic, a pinch of sugar, and splash of vinegar. The result? A rich sauce for topping a crisp, egg foo young-inspired cabbage pancake. This 30-minute dinner is faster (and much tastier) than anything from your local takeaway spot.

What we send

- 1 carrot
- 1½ lbs green cabbage
- garlic (use 2 large cloves)
- 1 oz fresh ginger
- 1 bunch scallions
- 4 oz shitake mushrooms
- 1 pkt broth concentrate
- 2 tamari pods ³
- ½ oz toasted sesame oil ⁴

What you need

- apple cider vinegar (or red wine vinegar)
- sugar
- all-purpose flour ¹
- neutral oil, such as canola
- kosher salt & pepper
- large egg ²

Tools

- box grater
- small saucepan
- large nonstick skillet

Allergens

Wheat (1), Egg (2), Soy (3), Sesame (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680kcal, Fat 38g, Carbs 75g, Protein 15g



1. Prep ingredients

Trim **carrot**, then coarsely grate ¼ cup on the large holes of a box grater. Halve **cabbage**, remove outer leaves, and thinly slice 2 cups (save rest for own use). Peel and finely chop **2 teaspoons garlic**. Peel and finely chop **1 tablespoon ginger**. Trim **scallions**, then thinly slice, keeping dark greens separate. Trim **mushroom** stems, then thinly slice caps, discarding stems.



4. Make batter

In a medium bowl, whisk to combine ¾ **cup water**, **1 cup flour**, **1 large egg**, and **1 teaspoon salt**. Gently stir in **grated carrots**, **sliced cabbage**, **sesame oil**, **all but 2 tablespoons scallion dark greens**, and **remaining garlic and ginger** until just combined.



2. Make sauce

In a small saucepan, whisk to combine **1 cup water**, **vegetable broth concentrate**, **all of the tamari**, **2 teaspoons vinegar**, **1 tablespoon sugar**, **2 tablespoons flour**, and **half each of the chopped garlic and ginger**. Bring to a simmer over medium-high heat. Reduce heat to medium and cook, stirring occasionally, until thickened and glossy, 3-4 minutes. Set aside; cover to keep warm.



5. Cook pancake

Heat **2 tablespoons neutral oil** in same skillet over medium-high. Add batter to skillet. Using a spatula, press down on batter. Cook until golden brown, 4-5 minutes. Using oven mitts, invert **pancake** onto a plate. Add **2 tablespoons neutral oil** to skillet, then slide the pancake back into it, cooked side up. Cook until bottom is crisp and golden, 4-5 minutes.



3. Cook mushrooms

Heat **1 tablespoon neutral oil** in a large nonstick skillet over medium-high. Add **mushrooms** and cook, stirring occasionally, until well browned and liquid is absorbed, about 5 minutes. Season to taste with **salt** and **pepper**. Stir mushrooms into **sauce**. Wipe out skillet.



6. Serve

Cut **pancake** into wedges, and serve with **some of the sauce** poured over top. Garnish with **remaining scallion dark greens**, and serve with **remaining sauce** on the side, for drizzling. Enjoy!