



Pyogobeoseotbokkeum

Stir-fried Golden Oak Mushrooms | 표고버섯볶음



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A luxurious Chinese-style mushroom dish featuring juicy shiitake mushroom caps stuffed with seasoned minced pork, pan-seared, and stir-fried with crunchy broccoli and bamboo shoots in a rich, glossy gravy.

 **Prep: 25 mins** | **Cook: 20 mins** |  **Moderate** |  **Mild** |  **High Protein**

Ingredients (2-3 servings)

- **Main Ingredients:** 10 shiitake mushrooms, 200g ground pork, 100g broccoli, 50g bamboo shoots, 1/2 stalk green onion, 1 red chili pepper, 1 thumb-sized ginger
- **Pork Marinade:** A dash of minced green onion, minced garlic, ginger juice, soy sauce, black pepper, and sesame oil
- **Sauce & Finishing:** 1 cup broth (vegetable or pork broth), a pinch of flour (for dusting), starch water (1 tbsp cornstarch + 1 tbsp water), soy sauce, salt, black pepper, sesame oil, cooking oil

Allergy Information

- **Contains:** Pork, Soy (Soy sauce), Wheat (Flour)

Equipment

- Frying Pan, Mixing Bowl, Pot (for blanching), Sieve/Strainer

Cooking Instructions

1. **Prep & Blanching:** Rehydrate shiitake mushrooms in warm water, then remove the stems. Slice bamboo shoots into comb shapes and blanch in boiling water. Cut broccoli into bite-sized florets and blanch briefly. Diagonally slice the green onion and red chili, and thinly slice the ginger.
2. **Marinating the Pork:** In a mixing bowl, combine finely ground pork with minced green onion, minced garlic, ginger juice, soy sauce, black pepper, and sesame oil. Knead firmly until the mixture becomes sticky and well combined.
3. **Stuffing & Pan-Searing:** Dust the inner caps of the shiitake mushrooms lightly with flour. Firmly stuff the seasoned pork mixture into the caps to create a smooth, flat surface. Heat oil in a pan and cook over low heat, pork-side down first, until golden brown and cooked through.
4. **Stir-Frying Veggies & Adding Broth:** Heat oil in another pan over

medium-high heat. Stir-fry sliced ginger, red chili, bamboo shoots, and broccoli. Pour in 1 cup of broth and bring to a gentle boil.

5. **Combining & Thickening:** Add the pan-seared stuffed shiitakes and sliced green onions to the simmering broth. Season with salt and soy sauce to taste. Slowly pour in the starch water while stirring gently to create a glossy, thick sauce, then finish with a drizzle of sesame oil.

Cooking & Pairing Tips

- **Flour Coating for Adhesion:** Dusting flour inside the mushroom caps acts as a binder, absorbing natural moisture and preventing the pork filling from detaching during cooking.
- **Meat-Side Down First:** Pan-searing the pork side first over low-medium heat seals in juices and cooks the meat evenly without scorching the delicate mushroom cap.
- **Perfect Food & Beverage Pairing:** The rich, savory gravy pairs wonderfully with steamed jasmine or white rice. To drink, it goes exceptionally well with traditional Chinese kaoliang liquor (Gao Liang Jiu), a crisp lager beer, or warm oolong tea.

Storage Instructions

- Store leftovers in an airtight container in the refrigerator for up to 1–2 days. Reheat gently in a pan over medium-low heat or microwave until warm throughout.

Nutrition Facts (Estimated)

- Total Content : Approx. 450g (2-3 servings total)
 - Calories : 460 kcal total (approx. 102 kcal per 100g / 153 kcal per 1 serving)
 - Sodium : 780mg (39%)
 - Total Carbohydrate : 28g (8%)
 - Sugar : 4g (4%)
 - Total Fat : 24g (37%)
 - Trans Fat : 0g
 - Saturated Fat : 7g (35%)
 - Cholesterol : 65mg (22%)
 - Protein : 32g (58%)
 - Calcium : 45mg (5%)
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Editor's Review

1. A Feast of Chewy Sensuality and Dense Juices

The moment your teeth sink into the chewy texture of the shiitake mushroom, the heavy, savory juices of the tightly packed minced pork burst forth, instantly captivating your palate. At the crossroads of dense flavors created by the meat and mushroom, the crisp, blanched bamboo shoots and broccoli offer a delightful and lively variation in texture. The thick, Chinese-style sauce, infused with a subtle hint of sesame oil, glides through the mouth, wrapping all the ingredients in a glossy sheen and leaving a lingering, intensely sensual umami until the very last bite.

2. A Balance of Texture Forged by Perfect Cohesion

This dish is a triumph of precise technique, binding two completely disparate ingredients into one unified entity. The thin dusting of flour on the inside of the shiitake is a clever mechanism that controls moisture and maximizes adhesion with the meat filling. The delicate heat control—searing the meat side first over low heat to prevent moisture loss and maintain its beautiful, plump shape—is truly remarkable. The finishing touch, which coheres each ingredient with a thick starch sauce without any disjointed flavors, demonstrates the most refined and complete textural balance a Chinese-style stir-fry can achieve.

3. A Warm Fusion Embraced by the Earth

The shiitake mushroom, retaining the spirit of the deep mountains, willingly empties its core to warmly embrace the rustic pork of the earth. The process in which these two ingredients from entirely different backgrounds are seared together over a hot flame, never to separate, resembles a steadfast solidarity and affectionate inclusion. When the once-clear broth meets the starch to thickly and deeply embrace all the vegetables and meat, a warm and harmonious microcosm—where the energies of the mountains and fields are perfectly fused—is finally born on the dining table.

