



Sesame-Ginger Forbidden Rice Bowl (Black Rice) (2 servings)

Ingredients

5/8 cup shiitake mushrooms	1/4 wedge small cabbage - <i>shredded</i>	1 clove garlic <i>minced</i>
3 1/2 Tbsps soy sauce, or tamari - <i>divided</i>	1/8 cup bean sprouts	1 cup forbidden rice (black rice) <i>yields 3 cups cooked</i>
2 1/2 Tbsps rice vinegar - <i>divided</i>	6 Tbsps tahini	1 sliced green onion (<i>optional</i>)
1 tsp sugar	6 Tbsps warm water	1 tsp sesame seeds (<i>optional</i>)
1 tsp sesame oil	2 tsps chili paste or sriracha	
2 baby bok choy - <i>sliced in half lengthwise</i>	1 oz chunk ginger - <i>peeled and minced</i> (<i>about 2 1/2 tablespoons</i>)	
1 medium carrot - <i>cut into matchsticks</i>		

Preparation

- Rinse rice and drain. Put rice in a 2-quart saucepan and cover with 2 cups water. Bring to a boil over high heat, then turn heat to low. Cover and cook for 30 minutes. Turn off heat and let the rice sit, covered for 10 minutes.
- Remove the stems from the shiitake mushrooms and place them gill side up in a dish.
- In a small bowl mix together 2 tablespoons soy sauce, 1/2 tablespoon rice vinegar, the sugar and the sesame oil. Pour sauce into the mushroom caps and marinate while cooking vegetables.
- Heat a non-stick pan over medium high heat. Place the bok choy sliced side down and sear until just browned. Add 1-2 tablespoons of water to the pan and cover. Allow the bok choy to steam for a couple of minutes until bright green and the stems are tender. Remove from heat.
- Prepare the sauce by mixing together 1 1/2 tablespoons of soy sauce, 2 tablespoons rice vinegar, tahini, warm water, chili paste, ginger and garlic. Toss the mushrooms to coat in the sauce.
- Pour out any residual water from the pan used to cook the bok choy. Sear the mushrooms for a few minutes on both sides until brown and crispy. Pour a bit of the remaining marinade over them as you fry.
- Divide the rice between two bowls and top with the vegetables. If desired, garnish with sliced green onions and sesame seeds, and serve with the sesame-ginger sauce.