



AADI Recipe – Turnip Cake

Turnip cake is a popular dim sum dish in Cantonese cuisine. In Southern China region, turnip cakes are often served during the Lunar New Year. It has a meaning of bringing good fortune and having a better year. Try this aromatic, flavorful and healthy turnip cake for this Lunar New Year!

Ingredients:

- 4 dried shiitake mushrooms
- 2 dried scallops
- 1/3 cup dried shrimps
- 2 pounds Chinese turnip*
- 1 cup rice flour
- 1/4 cup wheat starch[†]
- 1/4 cup corn starch
- 2 teaspoons canola oil
- 1/3 cup shallot, chopped
- 2 lean Chinese sausage, diced (to make about 1/2 cup)
- 1/16 teaspoon salt
- 1/2 teaspoon ground white pepper (use more or less as desired)
- 1/4 cup scallions, chopped

Nutrition Facts	
Serving Size: 2-3 slices	
Servings Per Recipe: 12	
Amount Per Serving	
Calories 110	Calories from Fat 10
%Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 80mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 3g	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Directions:

1. Soak the mushrooms, scallops and shrimps in a small bowl of cold water overnight. Drain the ingredients. Save the broth to use later.
2. Coarsely grate the turnip in a large bowl, about 3 1/2 cups. Save the liquid from grating the turnip to use later.
3. Remove the mushroom stems. Dice the mushrooms into small pieces, about 1/3 cup. Set aside.
4. Shred the scallops into fine pieces, about 2 tablespoons. Set aside.
5. In a large bowl, mix together the rice flour, wheat starch and corn starch. Set aside.
6. Heat the oil over medium-high heat. Add the shallots. Stir-fry for about 1-2 minutes until fragrant.
7. Add the sausage, mushrooms, scallops and shrimps. Stir-fry for about 3-4 minutes. Remove from heat. Set aside.
8. Add the turnip and the turnip juice into a large pot. Over medium-high heat, cook until the turnip is soft, about 5 minutes. Remove from heat.
9. Add 1/4 cup of the broth, mushrooms, scallops and shrimps to the pot. Add the salt and pepper. Mix well.
10. Add the flour into the pot. Mix well.

AADI Recipe – Turnip Cake (continued)

11. Spray an 8-inch round pan with canola oil. Pour the turnip mixture into the pan. Flatten the top with a spatula. Cover the pan with aluminum foil with dull side out.
12. Bring water to a boil in a large covered steamer. Place the pan in the steamer and steam for 45-60 minutes, or until it is cooked thoroughly. Check on the water level while steaming. Add more hot water to the steamer as needed.
13. Once cooked, let it cool and set for about 20-30 minutes. Garnish with the scallions. Slice into rectangular pieces and serve.
14. Refrigerate the remaining turnip cake for up to 5 days. Before serving, reheat by re-steaming, microwaving, or pan-frying with ½ teaspoon of canola oil in a non-stick pan.

Servings: 12

Cooking Tips:

1. Choose a juicier Chinese turnip by selecting one that is heavy for its weight.
2. To cut the Chinese sausages, quartered lengthwise, and then dice.
3. If desire, you may use lean cha siu (Chinese barbecue pork) to replace the lean Chinese sausage.
4. To check if the cake is cooked thoroughly, put a thin skewer or toothpick into the center of the cake. The skewer or toothpick should come out clean without streaks of batter when it is done.



**Chinese turnip is also known as white radish, or daikon radish.*

†Wheat starch is also known as tang flour.