

WEN-YUH'S "GINGER, CHICKEN & MUSHROOM DISH

(Related to Anne by Rod - Easy and Delicious!)

Dark Sesame Oil (the darker the better)

1 small (young) ginger root cut in strips about 1/8" wide x 1/2" long

(young ginger is mild - old ginger is hot)

2 Chicken Breasts cut in 1/2" strips

8 oz. package mushrooms, julienned (Baby Bellas, or white or Cremini's are good.)

Salt to taste.

Heat the Sesame oil and on medium heat and fry the ginger first until slightly brown. That flavors the oil.

Stir fry the chicken with the ginger until chicken is almost is done.

Add the mushrooms and finish cooking until mushrooms are just barely tender.

Serve with rice (or Vegetable Lo Mein from a Chinese restaurant) and a green vegetable.