

Chinese Wolfberry Stew

This recipe is taken from Daniel Reid's excellent but out of print book, *Guarding the Three Treasures, the Chinese Way of Health*. It can be found on p. 427. Daniel Reid describes this stew as a longevity tonic. The wolfberries are tonic to the liver and kidneys and nourish blood. Also known as lycii berries, goji berries or gou qi zi, they are available from Chinese grocery stores and herb shops. Lamb and beef are nourishing to the essence and blood. Shitake mushrooms are considered to be a longevity tonic which have recently been shown to have an ability to enhance the immune system and inhibit the growth of cancerous cells.

2 lb fresh boneless beef or lamb
15-20 dried shitake mushrooms
1 cup rice wine or dry sherry
1 oz. Chinese wolfberry (gou qi zi)
sea salt, pepper, sesame oil

Pour 2 cups boiling water over the dried mushrooms and soak for 20 minutes. Drain, reserving the soaking liquid.

While mushrooms are soaking, cut the meat into 1 inch chunks. Heat 2 Tbsp. vegetable oil in a wok or heavy skillet. Stir-fry meat for 2-3 minutes until browned.

In a large dutch oven or stock pot, place the browned meat, mushrooms, and wolfberries. Add wine, half of the mushroom soaking water, and 2 ½ cups pure water. Bring to a boil. Lower heat, cover, and simmer for 2 hours.

Ladle stew into serving bowls. Top with salt and pepper to taste, and a drizzle of sesame oil. Enjoy!