

FRESH BAMBOO SHOOTS

Bamboo shoots are just a vegetable. If you can cook onions, you can cook bamboo shoots.

Bamboo shoots are 92% water. They have no fat and no sugar. They are lower in calories than green beans.

Add bamboo shoots to any dish that calls for vegetables. They will take on the flavor of what they are cooked with. They contribute crisp crunchiness, a pleasing whiteness and the patterns of the nodes and internodes. People comment that they taste like Artichoke hearts and hearts of palm.



To prepare, cut through the tough sheath leaves with a paring knife. Cut off the tip. Peel off the leaves. Slice the tender inside (like a white carrot - sort of) into interesting patterns. For salads, boil for 5 or 10 minutes in lots of water. Cool fast in running water. Store in fridge. For hot dishes, stir fry with garlic, onions and other vegetables. Add to stews or bake, broil or grill.

FRESH MOSO SHOOTS

Moso bamboo shoots are the big and hairy shoots. They are the most revered of bamboo shoots.

Moso shoots are 92% water. They have no fat and no sugar. They are lower in calories than green beans.

Add moso shoots to any recipe that includes vegetables. They will take on the flavor of what they are cooked with. They contribute crisp crunchiness, pleasing whiteness and the patterns of the nodes and internodes. People say they taste like artichoke hearts.



To prepare, cut through the tough sheath leaves with a paring knife. Cut off the tip. Peel off the leaves. Slice the tender insides into interesting patterns. Drop into a large pot of boiling water with a bit of rice for 30 minutes until foam forms on the top. Drain and cool fast under cold running water. Use immediately in any recipe or store covered in fridge for later use.

Moso is used for flooring, paper and other industrial products.