



Turnip Cake (Lo Bak Go)

Maintenance/Treatment used: Turnip

Ingredients:

- 20 ounces of grated turnip
- 1 to 1 ½ cups of water
- Vegetable oil
- Optional: 1 tablespoon dried shrimp (washed, soaked, and chopped)
- 3-5 dried shiitake mushrooms (washed, soaked, and chopped)
- 1 Chinese sausage (diced)
- 1 scallion (chopped)
- 1 ¼ cups rice flour
- 1 tablespoon cornstarch
- ½ teaspoon salt
- ½ teaspoon sugar
- White pepper (to taste)
- Optional: Oyster sauce (for dipping)

Instructions:

1. Add grated turnip and 1 cup water to a large pan, and bring to a simmer. Simmer for ~ 10min, stirring occasionally so the turnip does not brown. Turnip will produce a liquid, some of which will evaporate. Scoop the cooked turnip into a large mixing bowl to cool. Pour the remaining liquid in the pan into a measuring cup, and add water until you have a total of 1 cup of liquid. Add it to the mixing bowl with the cooked turnip
2. Clean your pan and place over medium heat. Add a couple of tablespoons of oil. Add shrimp, mushrooms, and sausage. Cook for ~ 5 min. Stir in the chopped scallion and remove from heat to cool.
3. Add rice flour, cornstarch, salt, sugar, and white pepper to the mixing bowl with turnip and cooking liquid. Mix well until the dry ingredients are well combined. Add cooked shrimp, mushrooms and sausage. Be sure to scrape the oil from the pan into the batter. If you feel the batter is too thin, return it to the pan on low heat to thicken the batter while stirring. Mix well and let it sit for 15 minutes.





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4. Give the batter a final stir and pour it into a well-oiled loaf pan. Place the pan into a steamer with plenty of water and steam over medium-high heat for 50 minutes
5. Remove the pan from the steamer and let your turnip cake set for about 30 minutes. Once cooled, loosen the sides with a spatula and turn it out onto a cutting board. It should come out quite easily.
6. Use a sharp knife dipped in water to slice ½-inch thick pieces. Add a couple of tablespoons of oil to a non-stick pan over medium heat. Fry the cakes on both sides until golden and crispy.

Storage:

- Store in the refrigerator for up to 1 week.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: Shellfish