



## **Bol Renversé (Magic Bowl)**

**Servings:** 6 people

**Prep Time:** 45 mins

**Cook Time:** 20 mins

### **Ingredients:**

1. 6 chicken thighs sliced (fat and veins removed).
2. 1 cup dried mushrooms, soaked in boiling water for 1 hour, then sliced.
3. 6 Chinese sausages steamed and sliced.
4. Marinate mix: 3 teaspoons minced garlic, 2 tablespoons light soy, 1 teaspoon dark soy, 2 teaspoons corn flour, 1 teaspoons sesame oil, 1 tablespoon Chinese cooking wine, cracked pepper.
5. 1 bunch Chinese green leafy veg (like choy sum or bok choy) cut.
6. 6 eggs.
7. Oil, 1 teaspoon mince garlic, 2 teaspoons fish or squid soy sauce. Red Wine (optional), mixture of 2 teaspoons corn flour, water 1 cup and light soy sauce for the chicken sauce.
8. Cooked rice for 6 people.
9. Garnish coriander leaves or chives.

### **Instructions:**

1. Marinate chicken with the mix, cover and fridge for at least 1 hour.
2. Prep mushroom, sausages, and greens; set aside.
3. Heat oil in pan, add 1 teaspoon minced garlic (2 mins). Add mushroom (4 mins). Add greens and fish/squid sauce; mix (2 mins). Set aside.
4. Heat oil in pan, cook chicken until done. Add red wine and cornflour sauce as needed.
5. Fry eggs to your liking and garnish with either coriander or chives.

**To Serve:**

1. In a small bowl, layer egg, chicken, greens, mushroom, and sausage mix, then add rice. Press down firmly. Don't add too much sauce, or it'll soak the rice. Place a plate on top and flip it over and serve – let the guest lift the bowl to reveal the surprise 🇲🇺 . Voila!
2. Serve with a tomato chutney.

This dish is a classic example of Mauritian Chinese influenced cuisine. The dish was created by the Chinese community in Mauritius, blending traditional Chinese stir-fry techniques with local island flavours.

Bol Renversé is one of the most iconic dishes showing that mix – simple, hearty and very popular in homes and local restaurants.

Bon Appétit!