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PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

RECIPE: WATERCRESS & ENOKI SALAD WITH PEANUT DRESSING

(4 servings)

INGREDIENTS / AMOUNT

Peanut Dressing:

- 2 Tbsp. smooth peanut butter
- 1 tsp. chopped garlic
- 3 Tbsp. chopped cilantro leaves
- 1 Tbsp. chopped red bell pepper
- 1 jalapeno chile, seeded and chopped
- 2 Tbsp. freshly squeezed lime juice
- 1/4 cup vegetable oil

Salad:

- 3 beefsteak tomatoes, cut into 12 slices 1/2 to 3/4 inches thick.
- 3.5 oz. of Enoki mushrooms
- 1 small red onion
- 4 cups watercress

PREPARATION/PROCEDURE:

Place all dressing ingredients in blender and blend 1 minute on high speed. Arrange 3 tomato slices in a fan on top of each plate. Place the onion slices on top of the tomatoes and the watercress & Enoki mushrooms over the onions. Drizzle dressing over each salad and serve.

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(Source: OLG Hamburg, version of 17 July 80, Schulze OLGZ 229, p.7 – on using parts of a recipe)

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