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PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

RECIPE: ENOKI SALAD WITH CÈPE OIL AND WATERCRESS-SAVORY PUREE

(servings)

INGREDIENTS / AMOUNT

1/2 cup packed fresh watercress
1/2 cup packed fresh savory
1 1/2 tsp. white wine vinegar
3 ounces Enoki Mushrooms (stems trimmed)
4 Asparagus spears (cut into fine julienne)
Salt
2 tsp. lemon juice
1/3 cup C'epe Oil

C'epe Oil:

1 ounce dried c'epes
3 cups safflower or sunflower oil

PREPARATION/PROCEDURE:

A refreshing spring salad

Place the mushrooms and oil in a container with a tight-fitting lid. Let sit for several weeks in a cool spot, until a noticeable change in color occurs. Do not let the oil sit where it is above 70 degrees or it may become rancid. C'epe oil will keep for several weeks or longer if refrigerated.

Reserve a few of the watercress and savory leaves for a garnish. Trim the stems of the remainder and place in blender with 2 Tbsp. water and the vinegar. Process until you have a fine puree. Set aside. Toss the Enoki with the sliced asparagus, salt to taste, and lemon juice. Divide the salad among 4 plates. Pour the oil around the salad, then drizzle some of the watercress-savory puree over the oil in a decorative fashion. Serve, garnished with the watercress and savory leaves.

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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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