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PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

## RECIPE: CALAMARI SOUP WITH WAKAME ENOKI AND CÈPES

(4 servings)

### INGREDIENTS / AMOUNT

2 medium squid, cleaned and sliced into 1/4 inch rings  
1/2 ounce dried c'epes  
1 tsp. salt  
1/2 ounce dried wakame  
1/2 ounce bonito flakes  
2 scallions, white part and 1 inch into the green part, thinly sliced.

### PREPARATION/PROCEDURE:

Put some water in a 2-quart saucepan and bring to a boil. Lightly salt the water and add the squid. Remove the squid from the water when it returns to a boil. The squid should just begin to turn milky white. Drain the squid, plunge into icy water to stop the cooking, and discard the water. Bring 4 cups of water to a boil and add the dried mushrooms and salt. Turn the heat down and simmer for 20 minutes. Lift the mushrooms out of the liquid and, when cooked, slice into 1/2 inch pieces. Set mushroom aside. Wipe the wakame with a damp cloth. Add to the hot mushroom liquid and bring to a gentle simmer. Let simmer for 10 minutes, then strain through a sieve. Rinse the wakame well and slice into 1/2 inch pieces. Set aside. Add the bonito flakes to the cooking liquid and simmer another 10 minutes. Strain the liquid again and discard residue from the bonito. Bring the liquid back to a simmer once more and add the slice mushrooms, wakame and squid. Let simmer for 5 minutes, then add the scallion, Enoki and serve immediately.

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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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