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PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

RECIPE: KING OYSTER – ROASTED VEGETABLES WITH ERYNGII AND OYSTER MUSHROOMS

(4 servings)

INGREDIENTS / AMOUNT

8 baby carrots
4 large tomatoes, halved or quartered
5 Oyster mushrooms
5 Eryngii mushrooms, halved or quartered
1 butternut squash, cut into chunks
2 red peppers, de-cored and quartered
8 shallots, peeled
2 aubergines, halved
50ml clear runny honey
1 teaspoon chopped thyme

PREPARATION/PROCEDURE:

Preheat the oven to gas mark 7/220°C. Place all of the prepared vegetables together in a roasting dish, and brush all over with the honey. Season with salt and pepper and thyme and bake for around 30 mins. If some vegetables are ready earlier than others remove them and place them in a tray in the top of the oven.

Can be served as a meal on their own or as a delicious alternative to traditional veg with beef, lamb, pork or any meat!

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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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