

Uwe Buschhaus  
Gederbachweg 58a

58453 Witten

Tel. 49(0)2302 62318  
Fax. 49(0)2302 962184

www.speisepilze.eu  
info@speisepilze.eu

PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

## RECIPE: KING OYSTER – ERYNGII MUSHROOMS CRISPY POLENTA WITH WILTED SPINACH; HONEY BALSAMIC DEMI AND POMMEGRANATE SEED WITH JUICE

(4 servings)

### INGREDIENTS / AMOUNT

2 Cups Cooked Polenta  
9 tbs. Butter  
TT Salt and Pepper  
2 tbs. Olive Oil  
8 large Eryngii Mushrooms (sliced)  
2 cups Baby Spinach  
2 Pomegranates  
1/4 cup Bonewerks CulinArte' Veal Stock Reduction  
1 tbs. 18-year old Balsamic Vinegar  
1 tbs. Honey

### PREPARATION/PROCEDURE:

1. Mix the cooked polenta with 4 tbs. butter and season with salt and pepper. Pour mixture on 2 sheet pan so mixture is 2 inch thick, refrigerate, 1 hour using a 4" cookie cutter, cut the polenta into 4 servings. In a nonstick skillet, place the polenta rounds with 2 tbs. of butter about 4 minutes each side or until well browned. Keep warm.
2. In separate pan with 2 tbs. of butter, sauté mushrooms until browned on each side. Season with salt and pepper.
3. Sauté spinach with 1 tbs. remaining butter, season with salt and pepper - just to wilt.
4. Heat veal stock with balsamic vinegar and honey oven medium heat keep warm.
5. Cut open pomegranate and seed, reserve 4 Cup of seeds. Place remaining seeds in blender and puree, then pass through a fine sieve.
6. Simmer Veal Stock Demi liquid in pan until reduced by half. Consistency should be viscous.
7. Take 4 cup of veal stock demi and heat to simmer. Add 1 tbs. cold butter and whisk in. Salt and pepper to taste.

To Assemble:

Place some of wilted spinach on plate. Then place warm polenta round on greens. Place more spinach on top of polenta. Top spinach with mushrooms. Spoon veal stock over mushrooms and around plate. Sprinkle some seeds on top and drizzle pomegranate reduction around plate.

In principle, food recipes are not protected by copyright law, as they generally fail to meet the criterion of "original work": In Cooperation with: [www.rezepte-buch.org](http://www.rezepte-buch.org) – [www.recipe-book.org](http://www.recipe-book.org)

1. They are generally not a protected literary work.
2. There is no personal intellectual creation (a specific artistic level).

There may be exceptions. There are for example, recipes with a literary or artistic design, which must be checked individually.

As an exception, the law grants copyright protection if the language used in the recipe in conjunction with the layout of the text demands a certain extent of individual intellectual activity.

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

The cooking and baking recipes on this website stem from many different sources (e.g. taken from books, magazines, Internet, brochures, personal records, etc.).

All recipes have been tested by us, and the texts modified if necessary.

The images and graphics of the recipes were photographed by us. Other texts, images, and graphics have been taken from books, magazines, Internet, and brochures (with permission, of course).

If your copyright has been unintentionally violated by the publication of any references, recipes, images, or texts, please inform us. We will then remove the contents from the website immediately.

This free Mushrooms Recipe Service is provided by – MUSHROOM WHOLESALE - UWE BUSCHHAUS – IMPORT – EXPORT – GOOD MUSHROOMS – GOOD LIFE – feel free to download this recipe for free.