

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 – SPECIAL ERYNGII MUSHROOM STEAK

(servings)

INGREDIENTS / AMOUNT

3 Eryngii's
300g sirloin of beef

SAUCE:

100g onion
200g pineapple
1 tsp parsley

SEASONING/MARINADE:

3 tsp soybean sauce
1,5 tsp sugar
6 tsp water
1 tsp spring onion
1 tsp garlic
1 tsp sesame oil
1 tsp sesame seed
1/4 tsp black pepper
1 tsp salt

PREPARATION/PROCEDURE:

Mix seasoning ingredients in a bowl. Cut the beef into thin slices and put into the mixed seasoning. Cut the Eryngii in half and roll it with beef. Cook them with a pumpkin in the oven at 170°C (350°F). Boil broccoli and carrot slightly. Chop the onion and fry in a pan. Ground the fried onion with pineapple and boil them for one minute. Enjoy this sauce with steak. You can dip or pour on steak.

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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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