

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 – SWEET AND SOUR ERYNGII MUSHROOMS

(servings)

INGREDIENTS / AMOUNT

200g Eryngii
60g paprika
1/2 onion
5 tsp flour
1 egg white
1 tsp oyster sauce
1 tsp sesame oil

SAUCE:

2 cups water
1 plum
2 tsp sugar
2 tsp vinegar
2 tsp soybean sauce
1 tsp rice wine (or white)

PREPARATION/PROCEDURE:

Cut the Eryngii and boil it slightly. Stir egg white, flour and water. Coat Eryngii with flour. Dip it in mixed flour. Heat the oil in a deep fryer too 180°C (355°F) and fry the Eryngii. Stir sauce ingredients and water in a bowl and boil it. When it starts to boil, put all vegetables, oyster sauce and sesame oil. Pour the sauce on the fried Eryngii just before you enjoy it.

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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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