

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 WITH COOKED LAMB AND VEGETABLES OVER RICE

(4 servings)

INGREDIENTS / AMOUNT

400g thinly sliced lamb
1 Japanese eggplant, sliced
1 red bell pepper, cut into strips
1 cup erynggi, sliced
1 avocado, sliced
alfalfa sprouts
sea salt, black pepper, and soy sauce to taste
olive oil

PREPARATION/PROCEDURE:

- 1 Preheat oven to 375°F. Place eggplant, red bell pepper, and erynggi on a foil-lined baking sheet. Drizzle olive oil over vegetables. Season with salt and pepper to taste. Roast for 15 minutes.
- 2 Heat olive oil in skillet and sauté lamb until cooked throughout and lightly browned. Add soy sauce to taste.
- 3 Arrange lamb and vegetables over rice.
- 4 Garnish with avocado and alfalfa sprouts.

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 – 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 WHOLESAL - UWE BUSCHHAUS – IMPORT – EXPORT – GOOD MUSHROOMS – GOOD LIFE – feel free to download this recipe for free.