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PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

RECIPE: KING OYSTER – ERYNGII MUSHROOMS WITH STIR FRIED ASSORTED MUSHROOMS

(servings)

INGREDIENTS / AMOUNT

Stir-fried Assorted Mushrooms

70g golden enoki mushrooms, trimmed
100g Eryngii mushrooms, trimmed
100g white button mushrooms, sliced
50g fresh pak hup (magnolia petals)
200g chicken, cut into bitesize pieces
1 tsp Chinese cooking wine (optional)
1 tbsp oil

Marinade (A)

1 tsp Premium oyster sauce
½ tsp light soy sauce
A pinch of salt
A dash of pepper
½ tsp sesame oil
½ tsp cornflour
1 tsp egg white

Sauce ingredients (B)

1 tsp chicken stock granules
1 tbsp abalone sauce
A pinch of sugar
¼ tsp salt or to taste
½ cup water
1 tsp cornflour

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PREPARATION/PROCEDURE:

Season chicken with marinade (A) for 20–30 minutes.

Heat wok with oil, add chicken, then sprinkle in the cooking wine (optional). Stirfry briskly. Pour in sauce (B) and cover the wok. Cook for 3-4 minutes.

Remove the cover and add assorted mushrooms. Toss for 30-40 seconds to combine. Add fresh pak hup to mix. Dish out to serve.

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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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