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PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

**RECIPE: KING OYSTER – ERYNGII MUSHROOM WITH PESTO;
GRILLED POLENTA AND WHITE BEANS**

(servings)

INGREDIENTS / AMOUNT

2 c. packed fresh basil leaves, rinsed and dried
1/2 c. extra virgin olive oil
3 tablespoons pine nuts (or I used pepitas because of allergy issues)
2 cloves garlic, thinly sliced
salt to taste
1/2 c. fresh grated parmesan cheese (parmigiano-reggiano)
2 tablespoons fresh grated romano cheese
3 tablespoons unsalted butter, room temperature
2 c. polenta
2 t. salt
1/2 c. grated parmesan cheese
olive oil

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PREPARATION/PROCEDURE:

In a food processor, spin the basil, olive oil, nuts, garlic and salt until it is a uniform green paste with a bit of texture left.

Remove the pesto from the food processor and mix in the cheese by hand.

Finally, mix in the softened butter.

Butter or oil a 12" x 12" pan (or something a little larger than that), and pour in the polenta.

Refrigerate until cool and firmly set. (You can do this the night before, or at least 2 hours before you plan to serve). You want them fairly thin so the inside will heat up properly; definitely no more than 1/2" thick.

Slice into 3.5" squares, brush with olive oil and cook on a grill pan or skillet until they develop a nice crispy crust. Oil well to be sure they don't stick. Remove and season with more salt. You will have more polenta left for another meal.

For the white beans:

1 white onion, medium dice

2 cloves garlic, sliced thin

2 tablespoons olive oil

1 small can cannellini beans, drained and rinsed

salt

In a small skillet over medium heat, cook the onion and garlic in the olive oil until starting to brown.

Add the beans, reduce the heat to low, and simmer 5 minutes.

Season with salt to taste.

For the king oyster mushrooms:

4 large king oyster mushrooms (aka king trumpet or french horn), sliced 1/8" thick lengthwise

1/4 c. olive oil

sea salt (Maldon if you have it)

In a large skillet over medium high heat, heat the olive oil.

Add the mushroom slices in a single layer. Cook for a few minutes on each side until they develop rich browning on the edges and a slight tenderness. (They will remain moderately chewy / meaty).

Drain off any excess oil and season with a good sea salt.

To serve:

Divide the beans evenly on 4 heated plates.

Top the beans with two squares of polenta.

Add 1/4 of the mushrooms.

And finally add a generous dollop of pesto. Pass more at the table.

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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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