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PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

RECIPE: KING OYSTER – GRILLED BEEF AND ERYNGII MUSHROOM SKEWERS

(servings)

INGREDIENTS / AMOUNT

10oz King Oyster – (Eryngii Mushrooms)

- 4 oz beef
- 8 spring onions
- short bamboo skewers
- 2 tbsp soy sauce
- 1 tsp brown sugar
- 1 clove garlic, crushed
- 1 tsp minced spring onion
- 1 tsp sesame seeds
- 1/2 tsp sesame oil
- 1 tbsp rice wine or sake
- 1/4 teaspoon salt (optional)
- pinch of ground red pepper (optional)

PREPARATION/PROCEDURE:

Combine all the sauce ingredients, mix thoroughly and set aside. Cut the mushrooms, beef and spring onions into strips that are approximately the same in length and thickness. Thread pieces of mushrooms, beef and spring onions through the skewer. Repeat until all the ingredients are used up. Brush the skewered ingredients with the sauce and cook under a hot grill, or sear in a hot, nonstick skillet and cook for 2 to 3 minutes on each side until the beef and mushrooms are cooked. Serve warm.

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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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