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PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

## RECIPE: KING OYSTER – ERYNGII MUSHROOMS AND TROUT

(servings)

### INGREDIENTS / AMOUNT

- 4-6 oz trout fillets
- 1-1/2 tbsp olive oil
- 1 cup shallot, chopped
- 4 oz King oyster mushrooms, sliced
- 1/3 cup light soy sauce
- 1/3 cup dry sherry
- 1/3 cup water
- black pepper (salt), to taste

### PREPARATION/PROCEDURE:

In a large pan, heat oil and shallot over medium high heat. Cover, cook until shallot is tender. Add mushrooms. Continue cooking covered until mushrooms are soft. Add soy sauce, sherry, and water. Simmer until sauce thickens slightly. Remove from heat. Season with pepper and salt if desired. Set aside. sauté trout, flesh side down over medium heat in lightly oiled pan 2-3 minutes. Turn and cook until trout is opaque (about 3 minutes). Serve with warm mushroom sauce.

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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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