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PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

RECIPE: KING OYSTER – BROCCOLI WITH ERYNGII MUSHROOMS

(servings)

INGREDIENTS / AMOUNT

- 2 tbsp. salad oil
- 1 tsp. sugar
- 1/4 tsp. salt
- 1 tbsp. water
- 1/2 lb. King oyster mushrooms cut into quarter inch slices
- 2 green onions
- 1/4 tsp. ground nutmeg
- roasted cashews
- 1 tsp sesame seeds

PREPARATION/PROCEDURE:

In frying pan add 1 tbsp. oil and heat. Add broccoli, salt, sugar and stir-fry for a minute. Add water and cook until broccoli is tender crisp. Remove and set aside. Add last tbsp. oil to fry pan and heat. Add mushrooms onions and nutmeg. Stir-fry until juice evaporates (a few minutes). Return broccoli to frying pan, mix and top with cashews.

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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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