

Uwe Buschhaus
Gederbachweg 58a

58453 Witten

Tel. 49(0)2302 62318
Fax. 49(0)2302 962184

www.speisepilze.eu
info@speisepilze.eu

PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

RECIPE: KING OYSTER – ERYNGII MUSHROOM SALAD

(servings)

INGREDIENTS / AMOUNT

3 tablespoons white wine vinegar
2 tablespoons extra virgin olive oil
1 small shallot, minced
6 ounces slender green beans
2 small Belgian endive heads
4 ounces king oyster mushrooms
Salt

PREPARATION/PROCEDURE:

Wash and dry the endive then thinly slice on the diagonal. Combine the vinegar, olive oil and shallots in a small bowl. In another bowl, combine 2 tablespoons of the dressing and the endive and toss, let stand for 15 minutes. Wash and trim the green beans and cook until tender crisp. Set aside to cool.

Wash the mushrooms and slice into 1/8" rounds on the diagonal, for the smaller mushrooms, slice the whole mushroom vertically. In a wok or pan, heat until hot and add just enough olive oil to coat. Add the mushrooms and salt to taste, sauté until soft, slightly wilted and golden around the edges.

To plate, pile the endive mixture in the middle of each plate. Add the green beans next and drizzle a little of the dressing over the green beans, top with the mushrooms. Serve immediately.

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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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