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PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

RECIPE: MAITAKE MUSHROOM RAGOUT WITH SAUSAGE AND POLENTA

(4 servings)

INGREDIENTS / AMOUNT

8 sausages
30g onion
250g Japanese mushrooms (maitake, shimeji)
50cc white wine
200cc tomato paste
150cc bouillion
3 Tbsp. parsley, finely chopped
Pinch of oregano
1 clove garlic
1 small dried red chilli
10g Parmesan cheese
Olive oil as required

Polenta:

100g polenta (ground maize)
800cc water
30cc olive oil
20g butter
Pinch of salt

PREPARATION/PROCEDURE:

1. To cook the polenta, bring the water to a boil and add the olive oil, butter, salt and polenta one by one. Simmer over low heat for 30 minutes stirring occasionally.
2. Separate the mushrooms into small clusters, finely chop the onion and seed the chili. Chop the garlic clove in half, peel and crush.
3. In a frying pan stir-fry the olive oil, garlic and chilli pepper over low heat until fragrant. Add the sausage and stir-fry. Add the onion and mushrooms and stir-fry further. Season with salt and pepper.
4. Add the white wine and bring to the boil. When most of the liquid has evaporated, add the tomato paste, bouillion, parsley and oregano and simmer gently. 5. Transfer the polenta, the sausage and mushrooms onto a serving dish and sprinkle with olive oil, parsley.

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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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