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PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

RECIPE: FISH FILLETS AND SHII-TAKE MUSHROOMS WITH ASIAN FLAVORS

(4 servings)

INGREDIENTS / AMOUNT

4 flounder, tilapia or catfish fillets (about 1-1/2 pounds)
1/2 cup cornstarch mixed with 1/4 tsp. salt
2 Tbsp. peanut or other vegetable oil, divided
1 pound white mushrooms and/or shiitake caps, sliced
1 large red bell pepper, julienned
1 Tbsp. finely chopped garlic
2 Tbsp. finely chopped fresh ginger
Spicy Thai Sauce or Chinese Sesame Sauce

PREPARATION/PROCEDURE:

Preheat oven to 325°. Dredge fish fillets in cornstarch mixture. In a large nonstick skillet, over medium heat, heat 1 Tbsp. of the oil. Brown fish on both sides; transfer to a roasting pan; bake until center is opaque, 6 to 8 minutes. Meanwhile, add remaining 1 Tbsp. oil to skillet; add mushrooms, bell pepper, garlic and ginger; stir fry until mushrooms begin to brown, about 8 minutes. Stir in Thai or **Chinese sauce**: cook and stir until thickened. Transfer fish to a platter; spoon mushroom mixture over and around fish.

Spicy Thai Sauce: In a small bowl, whisk together 1/2 cup water, 1/4 cup lime juice, 2 Tbsp. bottled fish sauce, 1 Tbsp. cornstarch, 1 tsp. grated lime zest, and 1/4 to 1/2 tsp. hot pepper flakes. Garnish finished dish with sliced green onions and chopped cilantro, if desired.

Chinese Sesame Sauce: In a small bowl, whisk together 1/2 cup water, 1/4 cup soy sauce, 1/4 cup dry sherry, 1 Tbsp. cornstarch, 1 Tbsp. toasted sesame oil, and 2 tsp. rice vinegar. Garnish finished dish with sliced green onions and toasted sesame seeds, if desired.

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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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