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PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

RECIPE: SHII-TAKE MUSHROOM SALAD

(4 servings)

INGREDIENTS / AMOUNT

4 oz. Shiitake mushrooms, trimmed and sliced
1 1/2 tsp. olive oil
1 Tbsp. sherry vinegar
1 clove garlic, crushed
pepper and salt to taste
3 Tbsp. olive oil
4-5 cups mixed greens
1/2 cup green beans, cut in thin strips
1/3 cup carrots, cut in thin strips
1/3 cup red bell pepper, cut thin
3 Tbsp. chopped, toasted walnuts

PREPARATION/PROCEDURE:

Saute shiitake mushrooms in 1 1/2 olive oil over medium heat until browned. Set aside.
To make dressing, combine sherry vinegar, garlic, salt and pepper and slowly add olive oil. Toss lettuce, beans, carrots and red pepper with dressing to coat. Place on individual plates. Arrange mushrooms on top and add nuts.

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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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