

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: SUNRISE SHII-TAKE MUSHROOMS

(2 servings)

INGREDIENTS / AMOUNT

3 oz. Shiitake mushrooms
4 eggs (or equivalent egg substitute)
2 Tbsp. milk
2 Tbsp. chopped onion
2 Tbsp. chopped green pepper
2 Tbsp. chopped tomato
2 Tbsp. grated cheddar cheese
Salt and Pepper to taste

PREPARATION/PROCEDURE:

Beat eggs and milk in a medium sized bowl. Add vegetables and mix. Cook in a skillet like you would an omelet for about 4 minutes, until bottom begins to lightly brown. Flip and slightly scramble. Eggs will remain slightly watery due to the vegetables. Add sliced ham or bacon if desired. 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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