

Chicken of the Wood X Four

I am going to call this COW 4X4. Chicken of the woods prepared two different ways with two different sauces that make one Laetiporus Sp. Mushroom taste like four different things. It is such a wonderful and versatile mushroom that I didn't fully appreciate until I found a beautiful fresh flush weighing over 29 lbs. I shared 15 lbs, prepared and froze ten pounds and saved the rest to enter something using fresh mushrooms in the NAMA contest. I entered earlier with pickled chanterelle and was not very confident in my entry.

The following recipes can be mixed up and divided into separate entrees, but I was having fun and I like them all. The COW and Molasses gravy is outstanding! I am no longer a bitter opponent of Vegemite. With Vegemite and butter, you can make a roux from ground pistachios and flour. Wait till you taste it!

The Pistachio Crusted Fried Cow Strips

1 T Molasses

¼ t Vegemite

1 clove garlic minced

2 C White Wine

I marinated the mushroom strips in Vegemite, Molasses, minced garlic and white wine Overnight.

Dust lightly with flour

Dip in Beaten egg

Dredge with mix of flour and ground pistachios.

Fry in choice of oil at 350°F. Until golden. I use peanut.

They cook pretty quickly (About 3 min.)

Drain on paper towels.

Banana and COW Fritters

I was so happy with the way these turned out. There are many possibilities using different mushrooms, herbs and spices... These fritters actually use the required ingredients by themselves, but I double downed by using the same ingredients in the accompanying sauces.

1 Lb. of COW

Marinate overnight

I became bolder with the marinade:

1 t Vegemite

2 T Molasses

2 minced garlic

2 C Wine

Dice the mushroom into small pieces.

In a large bowl, smash 3 ripe bananas

Add ½ diced onion

2 eggs

½ C flour

½ C finely chopped pistachios

2 cloves minced garlic

1 t paprika

½ t cumin

½ t cayenne pepper

1T parsley

Salt and Pepper to taste.

Mix all ingredients thoroughly and refrigerate 1-24 hrs.

Form into 3-inch balls and deep fry at 325 degrees until golden.

Drain on Paper Towels.

Now the dips:

The Cuban Hot Dip

1 ripe smashed banana

1T molasses

½ t vegemite

1T agave

Homemade Ghost Chile hot sauce

Now for the Prize! I think this one recipe should win the contest! I give it a blue ribbon. Thank you for letting me play this game and I will use this masterpiece for many dinners to come.

Make a broth from the stems and large fronds of the COW. I boiled it in seasoned salted water for an hour. I threw in parsley, thyme, rosemary, and sage. Add 1 t Vegemite to the salted water. 1 lb of COW scraps to 8 C water. Wow! That is the base for many wonderful meals.

4 T butter

1 C flour

½ C finely ground pistachios

2 T Molasses

½ C milk

Melt butter and blend in flour and pistachios to make a roux

Slowly pour in the Mushroom Stock and blend to remove any lumps.

Remove from heat, and add milk.

Salt and pepper to taste.

I am so happy to share my creations! Please feel free to correct or edit. Thanks for the push.