



**Four Wall Farm**  
*Gourmet Mushrooms*  
**Farm - to - Table - Foods**  
Chester, New York

# KING TRUMPET MUSHROOMS WITH BLACK GARLIC BALSAMIC GLAZE

If you are on our social media (@4wallfarm), you saw the pictures that inspired this recipe. I've never had king trumpets grow so beautifully, and I couldn't help post a video of them in the grow house. I wanted to make them special...and it just so happens that I had picked up some black garlic at the Beacon Farmers' Market. This is one of those flavor concepts that just popped into my head, and I am so grateful. You might want to double up on the mushrooms AND the glaze, because it is hard to stop eating these. Whether you grill them or pan fry them, this is a special way to celebrate your king trumpets.—But its super simple!

## INGREDIENTS:

8oz King Trumpet Mushrooms  
2 cups mushroom broth ( or 2 cups water + 1 tbsp Instant Umami + 1/2 tsp salt)  
1 tsp marmite  
1 tsp steak seasoning  
Oil for grilling or pan frying



### Black Garlic Balsamic Glaze

1/2 cup balsamic vinegar  
2 tbsp brown sugar  
2 tbsp black garlic cloves, packed  
(4-6 cloves)

Slice mushrooms lengthwise about 1/4 inch thick. If the cap is very large, cut it off whole, and then slice lengthwise—or you can do discs. In a skillet, bring to boil 2 cups of mushroom stock, (or 2 cups of water + 1 tbsp Four Wall Farm Instant Umami + 1/2 tsp salt). Lower heat to a high simmer. Add marmite and steak seasoning and mix until dissolved. Simmer a single layer of mushrooms for 5 minutes, covered, then remove and set aside. You will likely have to do at least 2 batches, it depends on the size of the mushrooms. You can reserve the cooking liquid for something delicious later.

In a small sauce pot bring to a boil 1/2 cup balsamic vinegar, 2 tbsp brown sugar, and 2 tbsp of black garlic—smoosh the cloves into the tablespoon as if you were packing brown sugar. Reduce to a medium simmer. Pay attention to this—you don't want it boiling over. After about 5 minutes, use a spoon or a potato masher to mash the black garlic into the liquid. It will mostly dissolve. Simmer uncovered, stirring occasionally, until it becomes thick enough to coat a spoon when you dip it in. This will take about 15 minutes. You will also see the bubbles change from being foamy, to being very thick and slow. Remove from the heat and allow to cool.



Grill: Oil the grill before laying the mushrooms down. Grill 3-5 minutes on first side, (till you have hash marks) then flip. Brush on glaze, being careful not to drip it into the grill. Again, grill 3-5 minutes.

Pan fry: Heat small amount of oil (just enough to prevent sticking) over high medium heat. Pan fry about 2-3 minutes per side, till browned. Flip, and brush on glaze carefully, trying not to get it into the pan (the sugar in the glaze will burn). Again, pan fry 2-3 minutes. Enjoy!