



## FOUR WALL FARM GOURMET MUSHROOMS

### MUSHROOM MOQUECA

So. This is inspired by all of our conversations about Lion's mane being like seafood—and by a friend who said that she had made her mushrooms with coconut sauce. This is based on a very traditional seafood soup from Bahia, Brazil. Just a hint of spice and a rich, deep broth, it is actually a perfect dish on a hot day (that close to the Amazon, most days are hot), although I don't see why it wouldn't be great on a chilly day. Lion's mane takes the place of the seafood, but somehow becomes the star. —KC

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#### INGREDIENTS

8oz Lion's Mane mushroom, cubed about 3/4-1 inch  
3 tbsp olive oil  
2 cups minced onion  
1 1/2 cups diced tomato  
1 tbsp minced garlic (about 1 clove)  
1/2 cup of diced green bell pepper  
1 cup of diced red bell pepper  
3/4 cup diced carrot  
1 cup of small sliced celery  
1 can unsweetened coconut milk  
1 can (measure it in the coconut milk) light stock  
1 habanero pepper  
1/4 tsp each ground cumin and coriander and dried thyme  
1 tsp salt  
Lime wedges, cilantro and white rice to serve



#### INSTRUCTIONS:

In the soup pot, heat the olive oil at medium high. Add the garlic, onion and green bell pepper. Saute until the onion is translucent (about a minute) Add the diced tomatoes and the salt and continue to cook for another minute, then add the carrots, celery and red pepper and toss. Add the coconut milk, then fill the same can with stock and add that. Add spices and mushroom. Stab the habanero with a fork and put it in, whole. Lower heat. Simmer together for 7-10 minutes. The veggies should still be bright and fresh, the mushroom cooked through.

Remove the habanero.

Sprinkle with cilantro and serve with a lime wedge over white rice. Or company with a crusty bread. Simple and delicious! Serves 2-4

