



FOUR WALL FARM GOURMET MUSHROOMS

PHOENIX MUSHROOM PO'BOY

Like a phoenix, this recipe can be fiery. But the spiciness of the mushroom combines with the mellow mayo and crisp iceberg lettuce to make an amazing sandwich that is tasty, but not "hot". You could also enjoy these fried delights with a complementary dipping sauce. So far, this sandwich is one of our favorite recipes. Preparation pictures coming soon at www.4wallfarm.com

INGREDIENTS:

8oz Phoenix mushrooms*
Canola oil for deep frying
1 cup shredded lettuce
1Tbsp chopped flat leafed parsley
½ onion, thinly sliced
1 plum tomato, thinly sliced lengthwise
A flavorful mayonnaise (I use Kewpie)
2 hero rolls (the best ones will be soft, rather than crusty)

MARINADE:

¾ Cup buttermilk
¼ Frank's Red Hot
2 cloves of garlic minced fine
1 tsp salt

BREADING:

¼ cup corn starch
¾ cup flour
1 cup panko
1 tsp salt
1 tsp fresh black pepper
½ tsp cayenne pepper
½ tsp garlic powder
2 tsp paprika



*Phoenix mushrooms, also called Italian Oyster, have a slightly more firm texture than others of their species. You could substitute another type of Oyster mushroom.

INSTRUCTIONS:

Separate mushroom cluster into individual mushrooms, with stem attached. Once all the mushrooms are cut away, chop the block into pieces of a similar size to the mushrooms that were separated. This helps make fry times uniform. Make the marinade in a bowl that will accommodate all of the mushrooms. After you mix all the ingredients thoroughly, fold the mushrooms in gently. Make sure that all parts of every mushroom are covered, especially gills. Marinate in the fridge for 1 hour, gently mixing the mushrooms into the marinade at least twice during that time.

Prepare breading mixture in small bowl.

Bread your mushrooms, and put them on a wire rack. (I set up with marinating mushrooms on my left, breading mix in center, and a wire tray to the right. I remove mushrooms from the marinade with my left hand and drop them in the breading. Then, with my right hand, I scoop breading mixture over the mushrooms. By using my right hand to remove them from breading and place them on the rack, I manage not to make a sticky mess of the breading process.) Place rack in fridge uncovered for 20 minutes. Remove just before frying.

Heat oil in a saucepan to 360-375° F. Fry in batches. Cook mushrooms until golden brown all over, about 3–5 minutes. Depending on the depth of your oil, you may have to turn them. Remove from oil with a slotted spoon or basket utensil. Drain on newspaper on wire rack.

Assemble sandwich. Slice hero in half lengthwise. Put mayonnaise on bottom. Place half of fried mushrooms on the bottom piece of the bread. Cover with onion, tomato, lettuce and top half of bread. Cut in half. MMMMM.

