



SUMMER MUSHROOM SALAD WRAP

I'm in love with this recipe! It started on a Sunday market in Beacon, when I tasted the garlic maple syrup at the Tree Juice stand. It takes a little time to put together, as you have to make farro, mushrooms, walnuts and teriyaki sauce separately, but once you have it all together you've got a meal for several—or several meals. Don't be daunted—this food adventure is well worth the farmer's market visit and the half hour you'll spend in the kitchen. The hardest part is waiting for everything to cool so you can put it together! - KC



INGREDIENTS:

Salad:

At LEAST 8 oz Oyster mushroom
2 tbsp olive oil + 1 tbsp sesame oil
1 crushed garlic clove
1 tbsp soy sauce
1/2 tsp ground cumin
2 cups of Farro cooked al dente*
1/4-1/2 cup chopped red pepper
1/3 cup Italian parsley, roughly chopped
2 green onions sliced—only the whites
1/2 cup garlic maple candied walnuts
2 tbsp dried cranberries
Romaine lettuce leaves

Garlic Maple Candied Walnuts:

1/2 cup walnut halves, broken into smaller, but not tiny pieces
1 1/2 tbsp Tree Juice Garlic Maple Syrup**
Scant smidgeon of salt

Teriyaki Sauce:

1/2 cup Tree Juice Garlic Maple Syrup**
2 tbsp soy sauce
1 1/2 tbsp. apple cider vinegar
1/4 tsp ground ginger
1 tsp arrowroot powder (thickener)
1tsp Sambal Oelek (or Sriracha)

*Toast for 10 minutes in a 375 degree oven before cooking according to instructions. Start testing for doneness after about 20 minutes.

** See

www.treejuicemaplesyrup.com to find which markets & stores have Tree Juice

INSTRUCTIONS:

Start with the teriyaki sauce, as it can sit, cool, and thicken while you do everything else. Combine the syrup and the soy sauce in a small saucepan and bring to a simmer over low heat. When the simmer starts, add the vinegar and the ginger. Stir as needed to prevent boiling over. After about 5 minutes, add 1/2 tsp of the arrowroot powder and stir to combine. Continue to simmer for another 5 minutes. You will see slight thickening—it will coat the wires of your whisk without dripping off. Add the remaining arrowroot and the Sambal, stir, and remove from heat. Let it sit.

To make the walnuts, start by spraying a piece of wax paper (or foil) with oil to prevent sticking. Then, combine the maple syrup with a very scant smidgeon of salt in another saucepan and heat until it bubbles. Add the walnuts. Stir constantly over a low fire as it bubbles, until the syrup is coating the walnuts and it almost disappears from the pan (1-2 minutes). Spread the walnuts out over the greased wax paper so that none of them are touching, and allow to cool

Mushrooms: Make sure the mushrooms are bite-size, tearing pieces from larger ones as needed. Heat the 2 tbsp olive oil and tbsp sesame oil in a frying pan with the garlic. When the garlic starts to sizzle, add the mushrooms and toss thoroughly for about 2 minutes. Cover for 1-2 minutes and let continue to cook, then remove the cover and add the tbsp soy sauce. Continue to saute for another 3 minutes until slightly crispy. Add the cumin. Toss and let sit.

Salad: Serve at room temperature. Combine the farro, green onion, red pepper, parsley, and cranberries. Stir to mix thoroughly. To serve, place on a piece of lettuce and drizzle with a tbsp of sauce. Keep a napkin handy!

