

## Royal Trumpet Mushroom

**Latin Name:** Pleurotus eryngii (Also known as King Oyster, Eryngii, King Trumpet, Pleorote du Panicaut, Argonane, Bouligoule, Champignon de Garrigue, Cardoncello, Cardarello)

**Flavor, Preparation and Cooking:** Of all the many cultivated species of Oyster mushrooms, the Golden Gourmet King Eryngii is definitely the best tasting and best textured. While the stem of most other species of Oyster mushrooms tend to be tough and leathery and are often discarded, the stout and thick stem and also the cap of the King Eryngii are firm and pleasantly chewy. Brush off or rinse lightly just before use.

Trim off only the very tip of the stem. Because of the very firm and meaty texture of this mushroom, it requires more cooking time than other less "meaty" mushrooms. Saute or stir-fry until edges become a crispy, golden brown. It goes very well with Italian dishes. It is also excellent grilled, barbequed and tempura deep-fried

**Storage:** Keep refrigerated, store in paper bag. The mushrooms have over a 12 day shelf-life. Over time, as the mushroom dries out, the surface of the stems may yellow and brown without much effect on quality if used in a reasonable amount of time.

[www.goldengourmetmushrooms.com/kingrecipes.html#grilled](http://www.goldengourmetmushrooms.com/kingrecipes.html#grilled)

## MUSHROOM BEEF STIR-FRY

2 ounces sirloin tip steak, thinly sliced  
1 garlic clove  
1/2 tsp. finely grated fresh ginger (1/4 tsp. ground ginger)  
1 1/2 tsp. mushroom soy sauce (or regular soy sauce) 2 tsp. sesame oil  
1/8 tsp. crushed red-pepper flakes  
2 tsp. olive oil  
1/4 cup sliced Golden Gourmet King Trumpet mushrooms (about 1 ounce)  
3 ears of baby corn (about 2 ounces) or bell peppers, yellow squash, or carrots, cut on the diagonal  
6 snow peas (1 ounce)  
1/4 cup beef broth  
1/2 tsp. cornstarch

In a small bowl, combine the beef strips, garlic, ginger, soy sauce, sesame oil and the red pepper flakes. Let stand for 1 hour at room temperature or refrigerate overnight. In a medium skillet over moderately high heat, heat the olive oil. Add the mushrooms and cook, stirring, for 1 minute. Transfer the vegetables to a bowl. In a small cup, dilute the cornstarch in the beef broth. Add beef to skillet and cook over moderately high heat about 3 minutes. Stir in beef broth and vegetables and cook 2 to 3 minutes until sauce has thickened slightly. Serve over rice. Makes one 4-ounce portion.

## Grilled Royal Trumpet Mushrooms: EASY

1 pound King Trumpet mushroom caps  
5 Tbsp. peanut oil  
Parmesan cheese  
Salt and pepper to taste

Wash mushrooms and wipe clean. Remove stems and use for other recipes. Pour oil into a small bowl and then dip mushroom caps. Place on grill, and cook for about 3 minutes on each side. Salt and pepper to taste. Sprinkle with Parmesan cheese.

## How to Cook Brown Masa Rice: EASY

Rinse rice and drain. Combine 2 parts water with one part rice in a saucepan. Bring to a boil, then turn heat to low and cover. Cook approximately 45 minutes or until all water is absorbed. Let stand for a few minutes, then fluff with fork and serve.  
\*\*This method works best with small amounts of rice (a cup or two). [massaorganics.blogspot.com/2007/11/apple-brown-rice-stuffing-recipe.html](http://massaorganics.blogspot.com/2007/11/apple-brown-rice-stuffing-recipe.html)

## Apple Brown Rice Stuffing

Tasty Massa Organics brown rice instead of boring white bread stuffing. Crisp apples compliment the nutty flavor of the brown rice.

1 1/2 cups brown rice, uncooked  
3 1/2 cups Apple Juice, divided  
1 Fuji apple, diced  
1/2 cup onion, chopped  
1/2 cup sliced celery  
1/3 cup raisins  
1/2 teaspoon poultry seasoning  
1/4 teaspoon thyme  
1/4 teaspoon pepper  
2 teaspoons butter or margarine  
1/3 cup rice bran  
1/3 cup slivered almonds

Prepare rice according to directions (see above), using 3 1/4 cup apple juice for the liquid. Cook diced apple, chopped onion, sliced celery, raisins, poultry seasoning, thyme, and pepper in butter in a large skillet until the vegetables are tender-crisp. Stir in the cooked brown rice, bran, slivered almonds, and remaining apple juice. Use as stuffing for poultry or pork roast, or bake at 350 degrees for 35 minutes. Makes 8 servings.

## Laguna Farm Celery Slaw

Celery paired with a mustard-mayonnaise dressing is a French favorite, best epitomized by the classic dish, celeriac remoulade. Although that recipe calls for celeriac (celery root), the concept has been extended to this American-style slaw. For a more colorful slaw, add 1 cup of shredded carrots and/or red cabbage.

1 bunch Laguna Farm Organic Celery, with leaves  
1 tablespoon white wine vinegar  
2 tablespoons fresh lemon juice  
2 teaspoons Dijon mustard  
1 teaspoon sugar  
1 1/2 teaspoons salt  
1/2 teaspoon celery seed  
1/4 cup extra-virgin olive oil  
3/4 cup sour cream  
1/2 cup chopped fresh flat leaf parsley  
1/2 cup chopped red or green onions

Wash the celery well and pluck all leaves. Slice the stalks into very thin slices on the diagonal and place in a medium-size bowl. Finely chop the celery leaves and add to the bowl. Add the parsley and onions, and stir to combine. In another small bowl, whisk together the vinegar, lemon juice, mustard, salt, celery seed, and sugar. Drizzle in the oil, whisking constantly to emulsify the dressing, then slowly add the sour cream. Stir the dressing into the celery, parsley, and onions. Refrigerate the salad, covered, for at least 4 hours before serving to allow the flavors to develop.

## From the "Kids' Corner" - Celery Sauce

Serve the sauce over your favorite vegetables...kabobs or meatballs.  
2 cups chopped celery  
2 cups water  
1/2 teaspoon salt  
1 cup rice, soy, or skim milk  
1 1/2 tablespoons canola oil  
1 1/2 tablespoons flour  
Have your children help wash and chop the celery using a butter knife. Cook the celery in the water with the salt. Have your children stir frequently. When tender, and the water is reduced about half, press the mixture through a colander/strainer, add the milk, and reheat. In a bowl, have your children rub the oil and flour together. Then pour a small amount of the hot milk and celery into the bowl, stirring constantly to temper the two mixtures. Pour the flour mixture into the hot liquid and stir until thickened, thoroughly cooked and the consistency of rich cream.  
*Adapted from [recipes.lovetoknow.com](http://recipes.lovetoknow.com).*