

Oyster Mushroom Étouffée

This recipe can be used with most oyster mushrooms

Serves: 4 people. Time: 45 minutes

INGREDIENTS:

3 T. grapeseed or coconut oil
1 small yellow onion, diced
1 small green bell pepper, diced
½ tsp. salt
2 ½ C. vegetable stock or water ¹
1 tsp. dulse (seaweed) flakes ²
1 T. Old Bay seasoning, more to taste
1 pound fresh oyster mushrooms, trimmed and roughly chopped (about 2 cups)

FOR SERVING:

Freshly cooked rice
Lemon wedges
½ C. chopped fresh parsley

3 T. all-purpose flour
2 garlic cloves, minced
2 celery stalks, diced (about 1 C.)
1 C. diced tomatoes (canned or fresh)
1 dried bay leaf
1 T. Creole seasoning ³



DIRECTIONS:

In a large Dutch oven or heavy pot, heat the oil over medium heat until it ripples, then sprinkle in the flour. (Test the oil by dropping a pinch of flour into the pot. If it sizzles, it is hot enough). Stirring constantly, cook flour and oil together until the mixture toasts and turns golden brown, 2 to 3 minutes.

Add onion, garlic, bell pepper, celery and salt and stir. Cook, stirring, over medium heat until the onion is translucent, about 3 minutes. Add tomatoes, stock, bay leaf, dulse, Creole seasoning, and Old Bay. Stir well and bring the pot to a simmer. Add mushrooms and simmer, stirring occasionally, until tender, about 20 minutes. Taste and adjust the seasonings with salt and Old Bay.

Serve étouffée spooned over rice, garnished with lemon and parsley

- 1.) If using water instead, add 1 vegetable bouillon cube
- 2.) A great natural salt replacement for soups and stews and can be sprinkled over most any meal. Adds a smoky flavor to this dish.
- 3.) or 1 tsp. each black pepper, paprika, and dried thyme

Recipe from Jenné Claiborne, who included it in her 2018 cookbook "Sweet Potato Soul."

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