



Carrboro & Southern Village

FARMERS' MARKET

locally grown • nationally known

Recipe of the Week featuring **Shitake Mushrooms**

April 16, 2005

Shitake Mushrooms Two Ways

From Kelly Clark, Carrboro & Southern Village Market Staffer

Shitake mushrooms are a variety of tree mushroom (called *take* in Japan, the *shii* being the hardwood tree from which they are harvested.) Ask your farmer how they grow their Shitake's and you will hear an interesting story! I have 2 basic ways that I cook mushrooms and those two methods allow you to create many wonderful dishes. Some feature the mushrooms; others the mushrooms are an accent. You can experiment because mushrooms complement many things. Try mushrooms with bacon, barley, basil, breadcrumbs, butter, Parmesan, chives, cream, cumin, eggs, garlic, leeks, lemon, Madeira, mint, mustard, olive oil, onions, paprika, parsley, pine nuts, potatoes, rice, rosemary, sesame oil, sherry, sour cream, tarragon, and wine. See? The possibilities are endless!

First Way:

2 ounces Shitake mushrooms
1 tablespoon olive oil
1 tablespoon butter
Kosher salt

Dampen a paper towel and wipe the mushroom caps, dusting off any dirt you see. Remove the stems and discard. Slice the mushrooms 1/8 inch thick. Put olive oil and butter in a 10-12 inch sauté pan over medium-high heat. When the butter has melted add the mushrooms then toss and fry until they become golden brown. (The mushrooms will absorb the fat quickly then they will start to release some of their liquid, that's when they will start to fry.) Salt to taste.

Serves 2

Serving Ideas:

As an appetizer – sprinkle fried Shitake's with salt and serve on a small plate with a little dish of soy or tamari sauce for dipping. Eat with your fingers!

For breakfast – steam some asparagus spears, slice into small bites, then add the asparagus and mushrooms to eggs as you scramble them.

(Continued on Back)

Second Way:

4 ounces Shitake mushrooms
2 tablespoons olive oil
2 tablespoons butter
1 cup stock (vegetable or chicken)
Kosher salt

Dampen a paper towel and wipe the mushroom caps, dusting off any dirt you see. Remove stems and discard. Slice the mushrooms 1/8 inch thick. Put olive oil and butter in a saucepan over medium heat. When the butter has melted, add the mushrooms and stir them until they begin to give off some liquid. Add the stock, cover, and simmer until the mushrooms are tender. This will take about 10 minutes or so. Salt to taste.

Serves 2

Serving Ideas:

As a warm salad – pour the mushrooms and the stock over a bunch of watercress that has been washed, trimmed and arranged on a platter. Crack fresh pepper over the top.

As an accent – ladle the mushrooms over a piece of grilled steak or chicken.

Market Happenings

**Need a mid-week Market fix? Wednesdays in Carrboro,
3:30 – 6:30 PM & Thursdays in Southern Village, 3:30 – 7 PM**

Now you've got two options. Both our Wednesday Carrboro and Thursday Southern Village Farmers' Markets are open to help you make it from Saturday to Saturday. Or, maybe you're the type that likes to sleep in on Saturdays. If that's the case, our mid-week markets are for you. Many of our Saturday vendors and our newest members can be found at these markets with local goods.

**Saturday April 23 Carrboro Farmers' Market
First Annual Seedling Event for Kids
8:30 – 11 AM**

Kids come out and get your free Cherry or Sungold tomato seedling. We will give you growing instructions, take your picture, and send you home ready to plant. Then, in about 12 weeks, you'll come back with what your seedling has yielded and we'll display it, state fair-style, for all to see and admire.

**Carolina Farm Stewardship Association Farm Tour
April 23 & 24 1 – 5 PM**

If you've ever wondered what your favorite vendors' farms look like, well here's your chance. Coordinate a carload of friends, purchase a Farm Tour button, grab a map and hit the road. The CFSA folks are in our Free Speech Zone today (by the pagoda along Laurel St.) Drop by to pick up a map, find out where to purchase a button, and find out any other information about this organization that promotes local agriculture.