

TRUMPET MUSHROOMS

SAFFRON SAUCE



Saffron has a subtle earthy-sweet flavor and finishes with delicate floral and honey notes. Combined with coconut cream, this rich and colorful sauce pairs well with the Trumpet mushrooms' delicate, chewy texture. Once cooked, their savory umami flavor and firm, meaty texture make them an excellent swop for scallops.

SAUTÉED TRUMPET MUSHROOMS WITH SAFFRON CREAM SAUCE

¼ cup/ 60 ml Dry white wine

¼ cup/ 60 ml Vermouth

3 each Shallots, roughly cut

8 oz/225 ml Vegetable stock

10 + threads Saffron

1 tsp/ 3 ml Zest of Orange

8 oz/225 ml Unsweetened coconut-cream

Salt and pepper, to taste

6 oz /170 g - 4 each Trumpet/King Oyster Mushrooms

1 tbsp/15 ml Grapeseed oil

1 tbsp/15 ml Plant-based butter

4 sprigs thyme

Flakey sea salt

2 tbsp/30 ml water

1 tbsp/15 g Plant-based butter

8 oz/227 g Baby spinach, rinse

Salt and pepper, to taste

Prepare the Saffron Cream Sauce: In a medium saucepot, combine the white wine, vermouth, shallots, vegetable stock, saffron, and pimento spice. Reduce the mixture by three-quarters. Add coconut cream and reduce to desired consistency. Pour through strainer and season to taste.

Cook the Spinach – Heat water & butter in a sauté pan. Add spinach and cook until wilted

Slice the mushrooms two in half lengthwise and slice the other two in equal-sized rounds. Score the cut side of the mushrooms to cook faster and evenly and absorb flavor from the oil and butter—heat oil and butter in a non-stick pan over medium heat. Add the mushrooms and sauté until golden. Finish with flakey sea salt.

To serve, place a portion of spinach in the middle of the plate. Flank with mushrooms, top spinach with mushroom rounds, and garnish with a sprig of thyme. Finish with saffron cream sauce.