

OVEN ROASTED SHIITAKE MUSHROOMS
WITH GARLIC AND COARSE SALT

Cooking spray (optional)

1-1/4 pounds shiitake mushrooms, stems removed (opt—I leave them on);

1-3 tbsp olive oil

1 tbsp very finely minced or pureed garlic

1-1/2 tsp coarse sea salt (if salt is in very large crystals, you may crush it a bit with mortar & pestle)

1. Preheat oven to 400 degrees F.
2. Spray a jelly roll pan or baking sheet with sides with cooking spray, or use a non-stick pan.
3. Toss mushrooms with the oil, garlic, and salt. Place the shiitakes in single layer on the pan, caps up or down, it makes no difference. Just make sure that they have room to breathe.
4. Bake, uncovered for 10-12 minutes. Remove pan from oven & shake a few times. Some of the mushrooms should be starting to get a little golden on the lighter, underneath-side of the caps. You'll probably need to put them back in for a little longer—say 3 to 5 min., maybe more if your oven wasn't really hot when you put them in. You want at least a third of the 'rooms starting to turn a nice golden color on the gill side and getting a little crunch. If you have used the lesser amount of oil, this will happen more quickly.
5. Serve, warm or at room temp, garnished, if you wish, with an herb spring on each one.

Using less oil yields mushrooms that are drier, chewier, a little crisp around the edges; the larger amount yields more succulent, moister mushrooms. Try both ways.

Suggestion: Make double recipe of the shiitakes. Serve half and hide the other half away til they are cool, then refrigerate. A night or two or three later, whip them out and slice them. Use them to make a Shiitake Mushroom Pizza, with or without cheese and other ingredients. Or tray a Shiitake Mushroom Sandwich—includes the sautéed mushrooms, lettuce, tomato, wedges of sliced smoked tofu, sproudns, sometimes avocado, sometimes cheese.

From *Passionate Vegetarian* by Crescent Dragonwagon, p. 48.