

SHITAKE MUSHROOM SAUTÉ

WITH HAKUREI TURNIP & ASIAN PEAR

The mild mustard flavor of Hakurei turnip pairs nicely with pears and Shitake mushrooms providing a sweet & savory combination. The final texture will be slightly soft with little tender pieces of turnip. Serve hot as a side dish with something that has crunch such as sesame-seared Salmon for contrast.

Ingredients

8 ounces Hakurei Turnip,
about 8 small, trimmed &
peeled

6 ounces Shitake Mushroom,
about 8 medium, stems
removed

1 large Asian Pear, peeled

½ teaspoon Ginger powder

1 Tablespoon Grapeseed Oil

Directions

Dice turnips and pear into ¼ inch pieces and toss with ginger powder in a small mixing bowl.

Cut mushroom caps into ¼ slices and set aside.

Heat oil in a sauté pan over medium-high heat and then gently add the pears & turnips, spreading out so that they are in one layer.

Cook for about 90 seconds before shaking the pan so that each piece gets golden brown.

Cook for another minute or two so that the pieces are evenly seared before adding the mushrooms.

Continue to cook for another minute and toss the vegetables around so that the mixture is evenly combined.

Sprinkle lightly with salt to season and serve straight away.