



King Oyster Mushrooms with Pistachio Purée

 Gluten Free

READY IN



1500 min.

SERVINGS



8

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons canola oil divided
- ☐ 3.5 ounce enoki mushrooms
- ☐ 2 garlic cloves smashed
- ☐ 0.3 cup dashi powder instant (also called hon dashi)
- ☐ 0.5 lb jerusalem artichokes (also called Sun Chokes)
- ☐ 1.5 lb king oyster mushrooms (sometimes called Trumpet Royale)
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 0.3 cup mirin sweet (Japanese rice wine)

- ☐ 1 cup roasted pistachios shelled (preferably Sicilian or Turkish)
- ☐ 8 radishes
- ☐ 0.5 cup rice vinegar (not seasoned)
- ☐ 3 tablespoons sherry vinegar
- ☐ 0.8 teaspoon shichimi togarashi (Japanese seven-spice blend)
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 5.5 cups water divided

Equipment

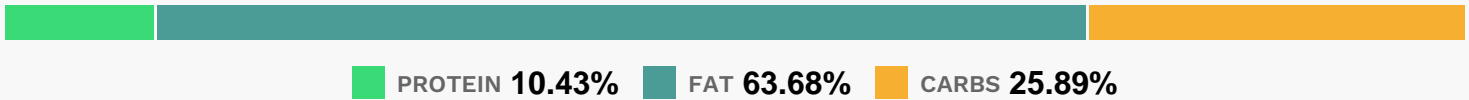
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Peel artichokes and cut into 1/4-inch-thick sticks, then transfer to a nonreactive heatproof bowl.
- ☐ Bring remaining artichoke ingredients to a boil in a small nonreactive saucepan, stirring until salt has dissolved, then pour over artichokes. Cool to room temperature, keeping vegetables submerged with a small plate.
- ☐ Transfer with liquid to an airtight container and chill, shaking occasionally, at least 1 day.
- ☐ Cook pistachios in 2 cups boiling water in a small saucepan 2 minutes.
- ☐ Drain and transfer to a bowl of ice water to stop cooking.
- ☐ Drain again and peel off skins.
- ☐ Bring mirin, dashi powder, and 3 cups water to a boil in a small saucepan, stirring until powder has dissolved, then add pistachios and simmer, stirring occasionally, until nuts are very tender, about 1 hour.

- ☐ Drain nuts, discarding dashi, then reserve 1/3 cup nuts for garnish. Purée remaining nuts with remaining 1/2 cup water in a blender into a very smooth but thick paste.
- ☐ Trim radishes, then cut each into 6 wedges. Toss with sugar and kosher salt in a bowl until sugar and salt have dissolved.
- ☐ Trim oyster mushrooms, keeping stems intact, then cut lengthwise into 1/4-inch-thick slices.
- ☐ Trim enoki mushrooms, leaving 3 inches of stem, and reserve for garnish.
- ☐ Heat 1 tablespoon oil in a 12-inch heavy nonstick skillet over medium-high heat until hot.
- ☐ Add enough oyster mushrooms to cover skillet in 1 layer, then sprinkle with 1/8 teaspoon kosher salt and 1/8 teaspoon pepper and sauté, turning once, until golden on edges, 2 to 4 minutes.
- ☐ Transfer to a bowl. Sauté remaining oyster mushrooms in 5 or 6 more batches, using 1 tablespoon oil, 1/8 teaspoon kosher salt, and 1/8 teaspoon pepper per batch.
- ☐ When all oyster mushrooms are sautéed, return to skillet, then add butter and garlic and heat, swirling skillet, until butter is melted.
- ☐ Add vinegar and boil, stirring, until evaporated.
- ☐ Remove from heat and discard garlic.
- ☐ Divide pistachio purée among plates, then top with oyster mushrooms.
- ☐ Remove artichokes from container with a slotted spoon and arrange, along with radishes, around oyster mushrooms.
- ☐ Sprinkle with enoki mushrooms, greens, reserved pistachios, and sea salt.
- ☐ ·If using crosnes, halve lengthwise.·Pickled Jerusalem artichokes keep, covered and chilled, 2 weeks. ·Puréed and whole cooked pistachios can be prepared 2 days ahead, then chilled separately, covered. Bring to room temperature before serving.·Radishes can be prepared 4 hours ahead and kept at room temperature.·Mushrooms can be sautéed 2 hours ahead and chilled, uncovered, until cool, then covered. Reheat in skillet, then proceed with recipe.

Nutrition Facts



Properties

Glycemic Index:29.01, Glycemic Load:3.06, Inflammation Score:-5, Nutrition Score:13.152173817158%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 268.39kcal (13.42%), Fat: 19.37g (29.8%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 17.72g (5.91%), Net Carbohydrates: 13.25g (4.82%), Sugar: 6.48g (7.2%), Cholesterol: 3.76mg (1.25%), Sodium: 273.25mg (11.88%), Alcohol: 1.21g (100%), Alcohol %: 0.43% (100%), Protein: 7.14g (14.27%), Vitamin B3: 5.8mg (28.99%), Copper: 0.5mg (24.96%), Phosphorus: 219.29mg (21.93%), Vitamin B1: 0.33mg (21.81%), Vitamin B2: 0.37mg (21.8%), Vitamin B6: 0.41mg (20.3%), Potassium: 708.37mg (20.24%), Fiber: 4.47g (17.89%), Manganese: 0.34mg (16.87%), Iron: 2.96mg (16.42%), Vitamin E: 2.37mg (15.8%), Vitamin B5: 1.48mg (14.75%), Folate: 51.23µg (12.81%), Magnesium: 44.16mg (11.04%), Zinc: 1.17mg (7.78%), Vitamin K: 7.92µg (7.54%), Selenium: 4.19µg (5.99%), Vitamin D: 0.63µg (4.23%), Vitamin A: 210.28IU (4.21%), Calcium: 35.05mg (3.5%), Vitamin C: 2.85mg (3.46%)