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GRILLED KING OYSTER MUSHROOMS, POK CHOI AND SMASHED BABY POTATOES



DIFFICULTY

1/5



PREP TIME

30'



COOK TIME

45'



SERVES

3-4

INGREDIENTS

4 pcs pok chois

0.5 kg king oyster mushrooms

For the potato puree

1 kg baby potatoes

2 grs sea salt flakes

5 ml olive oil

For the soy reduction

100 ml soy sauce

10 ml honey (if vegan, use
syrup substitute)

2 pcs star anis

1 grs cinnamon

10 grs brown sugar

10 grs veggie tsuyu

For red bell pepper powder mix

2 tbsp olive oil

2 tbsp red bell pepper powder

For plating

5 grs sesame seeds

10 grs negui

PREPARATION

1- Wash the baby potatoes and cut them in the middle. Add a pinch of sea salt to boiling water. Cover pan with foil and boil until puree.

2- When potatoes are ready, smash them with a fork and add sea salt and olive oil.

3- Hang the pok chois and cook them for about 30 minutes.

4- For the soy sauce dressing: mix the soy sauce, brown sugar, star anis and cinnamon. Bring it to a boil for ten minutes.

5- Once the pok chois are smoked after 30 minutes, cut them lengthwise and season with olive oil and sea salt. Grill them for about 15 only on one side.

6- Mix red bell pepper powder and olive oil until you get an homogeneous blend.

7- Cut the king oyster mushrooms lengthwise and paint them with the red bell pepper and olive oil blend. Take them to grill on medium heat for about 10 minutes.

8- Toast the sesame seeds.

9- For plating: put some puree for the base and add the smoked pok chois and king oyster mushrooms on top. Season with toasted sesame seeds, soy reduction, olive oil, veggie tsuyu, sea salt flakes and finish with negui.