

# FUNGHI FUNGHI

GOURMET MUSHROOM TRADERS

*helping to discover*

## COQUILLES OF 'DUNE FOOT' WITH FUNGI QUINOA

VEGETARIAN / SERVES 4



Festive vegetarian alternative to Coquille st. Jacques with "nutty", autumny depth

[ Photo Funghi Funghi 2020 ]

"Scallops" of King oyster mushroom (called '*Dune foot*' in Dutch) | duxelle of mushrooms and quinoa | grilled asparagus | soybeans | spring onion | Parmesan.

### INGREDIENTS

4	large	King oyster mushrooms ('Eryngii')
500	gram	Chestnut mushrooms or (more luxe) Ceps
200	gram	Quinoa (I used a mix of white, black and red quinoa)
500	ml. *	Mushroom stock /* volume according to the quinoa package (I used the moisture of dried Ceps)
1	whole	Shallot
1	clove	Garlic
100	ml.	Cream
12	pieces	Green asparagus
100	gram	Soybeans (already blanched)
50	gram	Parmigiano Reggiano (planet into curls)
1	shot	Dry Madeira wine or dry white wine
		Spring onions / parsley / olive oil / butter / P & S

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left : creamy mushroom duxelle | right : grilled asparagus and caps of Dune Foot

[ Foto Funghi Funghi 2020 ]

### PREPERATIONS

#### DUXELLE OF MUSHROOMS

Clean the Chestnut mushrooms and cut / chop into small pieces (1–3 cm). Finely chop the shallot and squeeze the garlic clove. Fry the shallot and garlic briefly in some olive oil without browning. Deglaze with the Madeira or white wine and cook until all the moisture has disappeared and the onions start to turn brown. Add the chopped Chestnut mushrooms and some ground pepper. Fry briefly on medium heat, add a knob of butter and some salt when the pieces of mushroom start to color. Let it boil for a few minutes until most of the moisture has disappeared. Add the cream and reduce until the pieces of mushroom are covered with the creamy mass (so don't let them "swim in the sauce"). Let cool and put in the refrigerator.

#### GARNISH

Cut the bottoms off the asparagus to the desired length. Blanch them until tender (2–3 minutes) in water without salt. Rinse under cold water and dry. Brush them with a little oil and grill them in a grill pan. When they have a nice grill pattern, let them cool on a plate.

Slice the caps off the Eryngii. Brush thinly with oil and grill over high heat in the grill pan. Let cool on the plate with the grilled asparagus.



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### Sequel PREPARATIONS

#### Sequel GARNISH

From each foot of the 4 Eryngii, slice 3 nice "scallops / nuts" of about 3 cm thick. Cut the sliced surfaces on both sides of the scallops equally thin (grill motif) with a knife. Set aside.

Clean the spring onions and cut into thin rings. Chop the parsley and shave the Parmesan into nice curls. Set everything aside.

#### PREPERATION

Preheat 4 plates in the oven at 70 °C / 155 °F. Cook the quinoa in the mushroom stock according to the directions on the package. Normally around 10 minutes. After 5 minutes, heat the duxelle in another pan and place the plate with the grilled vegetables in the oven at 70 °C / 155 °F. Fry the "scallops" of Eryngii on both sides in some oil in a non-stick frying pan over high heat until they are a nice golden brown (about 2 minutes per side).

When the quinoa is ready, drain any excess cooking liquid through a sieve. Add the quinoa to the duxelle, along with the spring onion and soybeans. Just stir and ready.

Sprinkle the grilled asparagus, the caps of the Eryngii and the "scallops" with (sea) salt.

#### SERVING

Make a "bed" of the mushroom quinoa on each plate. Top with 3 scallops per plate and finish with the grilled hats and asparagus. Garnish with the Parmesan curls and parsley.

*Enjoy your meal !*