

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



FRIED OYSTER MUSHROOM WITH PICKLED PEACHES JAM AND MAPLE SYRUP

Prepared for the Edible Academy Pickle Weekend by
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Serves 3

Ingredients:

- 150 g of oyster mushrooms (oyster mushrooms that are fanned out and not capped—fanned mushrooms will have a better meat like consistency)
- 1 cup of all-purpose flour
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- ½ tsp of oregano
- ¼ tsp of cayenne pepper
- 1 tsp salt
- 1 cup of almond milk
- 1 tbsp of acv
- pinch of salt and cayenne
- ½ cup of flour
- ½ tsp of garlic, onion and paprika
- Grapeseed Oil or Avocado Oil for frying

Pickled Peach Jam Ingredients:

- 4 pounds of peaches
- 2 cups acv
- 2 cups water
- 2 piece of cinnamon sticks per jar
- 3 cloves per peach
- 4 cups of maple or brown sugar
- maple syrup for drizzle
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Instructions

Wipe Oyster Mushrooms of any residue with a damp towel—do not wash the oyster mushrooms as this will add to the moisture for frying. Heat oil for frying. Keep the fire at a lower temperature so as to not cause a fire or overheat the oil. Mix 1/2 cup of acv into almond milk to create a vegan buttermilk. Set Aside. Mix the dry ingredients until well combined. Mix the rest of the wet ingredients until well combined and you have achieved a smooth batter like consistency. Coat the mushrooms once in the wet batter and once in the dry batter. The dry batter coat can be done in a ziploc bag to prevent mess and also to evenly coat. Fry mushrooms in small batches so as to not decrease the oil temperature and to prevent overcrowding. Fry for up to 4 minutes or until golden brown. Serve immediately and serve with pickled peach jam.

Pickled Peach Jam Instructions

Wash the peaches to rid fruit of any residue. Add sugar, water, vinegar to a pot and heat until sugar is melted and the liquids are well combined. While waiting, stick three cloves into each peach. Once the liquid is boiling, place peaches in the pot and cook for 20 minutes, stirring often. After 20 minutes let the peaches and liquid cool. Once they've cooled, after about 5 to 10 minutes, spoon the peaches into jars and divide up the cinnamon sticks into each jar (1 to 2, in each jar). Ladle the liquid over the peaches in each jar leaving about an inch of headspace to leave room for the pickling process. Tighten the lid but not too tight. Process the pickled peaches by creating a hot water bath. Where you will submerge the jars into a boiling pot of water for ten minutes. Carefully remove the jars and store at room temperature. Eat them the next day (note: the longer they stay in the liquid before eating the more the flavors are absorbed). To make the jam, slice and mash up the peaches adding a small bit of maple syrup to thicken and serve atop the fried oyster mushrooms. Maple syrup to drizzle (optional)