

MAITAKE TOAST

With Nori Butter, Spinach, Scallions & Roasted Black Sesame

Prep Time: 20 Minutes

Cook Time 20 Minutes

Ingredients:

½ Pound Maitake Mushrooms
Unsalted Butter For Sauteing
Kosher Salt & Black Pepper
Dashi, Stock, Sake or White Wine to Deglaze
1 Cup Baby Spinach
2 Scallions
2 Slices of Bread
2 Tablespoons Roasted Black Sesame

Nori Butter Ingredients:

1 Cup Unsalted Butter (Softened)
3 Sheets of Nori
1 Lemon (Zested & Juice)
1 Teaspoon Ground Black Pepper
½ Teaspoon Kosher Salt
Pinch of White Sugar

Directions:

Start by preparing the nori butter. Crumble nori sheets into small pieces. Place nori into a spice grinder and pulverise. Transfer nori powder to a mixing bowl and combine with the remaining ingredients. Using a spatula mix thoroughly until all ingredients are well combined. Nori butter will keep refrigerated for up to 3 weeks in an airtight container.

Prepare the remaining ingredients. Remove the bottom ½ inch of the maitake with a knife and pull maitake mushrooms where it naturally wants to break. Pieces should be no bigger than 2 inches long and ½ an inch wide at the bottom. Thinly slice the scallions width wise from tip to bulb.

Heat a medium sized pan to medium - high heat. Place approximately 2 tablespoons of unsalted butter. Once butter is melted, place maitakes in the pan and allow to brown on one side. Flip the maitakes over when and season with salt and pepper. If the pan appears dry add a little more butter. Mushrooms are like a sponge, they will absorb a majority of your cooking fat. Once maitakes are browned on both sides, deglaze with 2- 3 tablespoons of dashi, stock, sake or white wine. Reduce liquid slightly and lightly scrape the fonde from the bottom of the pan. The fonde is any caramelized bits that are attached to the bottom of the pan. This fonde is pure flavour. Once reduced slightly and fonde has been released, remove from the heat.

Toast 2 slices of bread and spread the nori butter on each. Add baby spinach to the pan of maitakes and gently fold. Adjust seasoning if need be. Divide the sauteed maitakes between the 2 toasts. Garnish with sliced scallions and roasted black sesame seeds. Maitake toast makes for an excellent breakfast, lunch or dinner. Add a fried egg and some thinly sliced chillies for some heat.