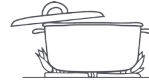


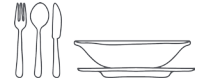
PULLED KING OYSTER MUSHROOM SLIDERS



PREP TIME: 25



COOK TIME: 10



MAKES: 12 SLIDERS

EQUIPMENT

FORK | LARGE FRYING PAN | MIXING BOWL | TOOTH PICKS

INGREDIENTS

PULLED KING OYSTER MUSHROOMS:

400g king oyster mushrooms

2 Tbsp high heat oil

DRY:

1/2 tsp onion powder

1/2 tsp garlic powder

1/2 tsp smoked paprika

1/2 tsp dry mustard

1/4 tsp salt

WET:

3 Tbsp tamari

1/4 tsp liquid smoke

1/2 c barbecue sauce

SLIDERS:

1 batch Pulled King Oyster Mushrooms

1 batch Apple Tarragon Coleslaw (see recipe)

1 batch Pickled Jalapenos (see recipe)

12 slider buns

METHOD

1. Remove king oyster mushrooms from packaging and holding the cap of the mushroom, start to shred the stem by inserting a fork approximately 1/4" deep into the mushroom and pulling it toward the base of the stem. Do this repeatedly while slowly turning the mushroom until all of it has been shredded. Once the stem has been shredded, take the cap and break it into small pieces with the fork and place the shredded mushroom into a mixing bowl. Repeat this process with the rest of the mushrooms.
2. Once all the mushrooms are shredded, heat a frying pan on high with the oil. Once the oils is hot, add in your shredded mushrooms and let them sear until they are golden brown (approximately 5 minutes). Mix them around and let them continue to sear for another 5 minutes. Add in your dry ingredients and mix around with a wooden spoon until the spices become fragrant (approximately 30 seconds). Next, deglaze the pan with tamari and liquid smoke and quickly add in your barbecue sauce. Mix the sauce around until the mushrooms are evenly coated, remove from the heat and set aside.
3. Build your sliders by opening your buns and stacking them with Apple Tarragon Coleslaw and pulled king oyster mushrooms and garnishing with a few pickled jalapenos. Stick a toothpick in the top of each slider and serve.

NUTRITIONAL FACTS

Serving Size		1 Serving	
Amount Per Serving		% Daily Value*	
Calories	225.3 kcal		11 %
Total Fat	8.6 g		13 %
Saturated Fat	1.4 g		7 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	858.5 mg		36 %
Total Carbohydrate	31 g		10 %
Dietary Fiber	3.3 g		13 %
Sugars	10.5 g		
Protein	7.4 g		15 %
Vitamin A	28 %	Vitamin C	36 %
Calcium	8 %	Iron	13 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Note: Nutritional info is a rough estimate only.

notes
