

MUSHROOM PARM KIT

• Grab these items:

For battering and frying the mushrooms:

Mushrooms
6 Eggs
Flour
Mushroom Parm Dredge
Safflower Oil

DEW

For assembling the sandwiches:

Marinara
Provolone
Pita
Salad Greens
Lemon Vinaigrette

Recommended equipment:

Fry Thermometer
Heavy Pot/Pan with Sides (we like cast iron)
3 Mixing Bowls
Whisk
Spoon or Ladle
Paper Towels
Wire Rack (optional)
Baking Sheet or Plate
Tongs, Metal Spatula or Fry Spider
Coffee Filter (optional, for filtering fry oil after use)

1. Preheat oven to 350 degrees (for toasting pita for sandwiches).
 2. Prepare your mushrooms. Remove them from the package. Leave small mushrooms whole. Cut medium mushrooms in half. Cut large ones in quarters. You're aiming for mushrooms about 1-2 inches wide.
 3. Prepare your egg wash. Crack eggs into one of the mixing bowls. Using a whisk, poke each of the eggs and begin to whisk all of them together for a minute. Add a 1/4 cup water and whisk until the mixture is smooth and completely homogenized. This is your egg wash.
 4. Empty the flour into one of the mixing bowls. This is your flour bowl.
 5. Empty the dredge into the final mixing bowl. This is your dredge bowl.
 6. Clear a counter area with plenty of space. Set up a dredging station. From left to right you should have the mushroom pieces, the flour bowl, the egg wash bowl, the dredge bowl, and a plate, or a wire rack set over a baking sheet. You'll move from left to right to batter your mushrooms before lowering them into hot oil.
 7. Place all the mushrooms in the flour bowl. Take handfuls of flour and toss flour from the bottom of the bowl up over the mushrooms, so that the mushrooms become dusted in flour.
 8. Place all of the flour-dusted mushrooms in the egg wash. Ensure that each mushroom is coated in the egg mixture.
 9. Pick up each each flour-and-egg-coated mushroom out of the egg wash. Ensure that it is not dripping wet, and place it on top of the dredge in the dredge bowl. Do this for all the mushrooms.
 10. Pause for a moment to wash your hands. Take handfuls of dredge and toss it up over the mushrooms so the dredge completely covers/encrusts the mushrooms. Place the encrusted mushrooms on a wire rack set over a baking sheet.
 11. **Now it's time to fry!** Place your pot on the stove. Pour oil into the pot. There's a bit of math involved with this step, but luckily it's first grade math. You want at least 2 inches of oil overall, and you also want at least 2 inches of space from the surface of the oil to the top of the pot. The reason for the space at the top? The mushrooms will expand as they fry. You'll probably use most of the oil we gave you, but you may have some leftover.
 12. Turn the heat to medium. Insert your fry thermometer into the oil and watch carefully until it reaches anywhere in the range of 350 degrees to 375 degrees. That is the sweet spot for frying. If it goes above 375, turn the heat down and wait for the temperature to drop. Line a sheet tray or plate with paper towels, or set a wire rack over a sheet tray.
 13. Fry mushrooms in small batches for 2-4 minutes. If the mushrooms are completely submerged in oil, you won't have to turn them over; if you have mushrooms peeking up from the top of the oil, you may need to flip them halfway with tongs or a metal spatula. A key to deep-frying is not to overcrowd the pan, because that could lower the overall temperature of the oil, so commit to a few batches. Keep an eye on the temperature of your oil. If it goes below 350, increase the heat before adding the next batch. Once your mushrooms are a deep golden brown, remove them to a paper-towel-lined plate or sheet tray.
 14. **Get your marinara hot.** Pour marinara sauce into a saucepan and warm over medium heat.
 15. **Emulsify your dressing.** Shake lemon vinaigrette bottle.
 16. **Get your pita warm.** Place pita on a sheet tray and put in the preheated oven. Toast for 3 minutes, or until soft and puffy, but not brown or crispy.
 17. **Assemble your sandwiches.** Using a serrated knife, slice pita bread open, twisting at the bottom so it opens like a clamshell. Add a slice of provolone cheese and a handful of mushrooms you've fried. Cover mushrooms with two generous spoonfuls of marinara sauce and a generous pinch of salad greens. Drizzle lemon vinaigrette over the top of the greens and enjoy.
- To reuse your fry oil: turn off the heat and let your oil cool. You don't want it to be dangerously hot but you want it to be warm enough that it'll flow. Place a coffee filter over the rim of the safflower oil container. Then pour oil back into container. The coffee filter will remove any particles, and you can use the oil to deep-fry again in the future (don't use it for salad dressing though!) Or skip the coffee filter, pour oil back into the bottle, and throw the whole thing away.