

HAND PULLED MIATAKE BBQ SLIDERS

Serves 2 adults

Ingredients

4 oz. of Maitake Mushrooms
sliced thinly, loosely packed

1 T. vegetable oil

1/4 C. water

1 tsp. dijon mustard

1/2 C sweet onion,

1/2 C. barbecue sauce of your choice

1 T. apple cider vinegar

4 “slider buns” — mini burger buns

Directions

Pull Maitake apart into individual fronds and slice onions. Sauté the onions and Maitake in the vegetable oil over medium-low heat until fully softened and lightly browned.

Once the mushrooms and onions are cooked, add the remaining ingredients: BBQ sauce, water, cider vinegar and mustard. Simmer a few minutes to combine the flavors. When the desired consistency (you want to evaporate a little of the water), spoon it on to slider buns and serve!

Credit: Recipe from <http://blog.mycopia.com/?p=709>



*Look for more recipes on our website:
2AngelsMushrooms.com*

