

Mushrooms Milanese

Introduction

Many meat-based recipes will be reinvented and readjusted to accommodate for new, more environmentally-friendly diets and dishes. This recipe is the evolution of the *cotoletta alla milanese*, a traditional steak from Northern Italy, where mushrooms take the place of veal or chicken meat.

Time to prepare: 30m

Difficulty: Easy

Equipment: Frying pan, small bowl

Adaptable: Yes

Vegetarian: Yes

Vegan: Opt-out

Dish origin: Northern Italy

Ingredients:

- Frying oil, 200ml
- Oyster mushrooms, 150g
- Breadcrumbs, 1 cup
- Egg, 1 (□□ water/flour mix)

Preparation:

1. Wash the mushrooms and cut them to the size you prefer.
2. Heat up the pan and the frying oil.
3. Scramble the egg (□□ water/flour mix) in the bowl, then dip each mushroom, first in the batter and then in the breadcrumbs, until completely covered.
4. Put the breaded mushroom in the frying oil and wait until golden.
5. Serve warm with a side of choice.

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