PREP TIME	COOK TIME	MAKES
10 MINUTES	10 MINUTES	2–3

DEEP-FRIED MUSHROOMS

I used to make these at the farmers' market with my excess oyster mushrooms, and people couldn't get enough of them! Little wonder. It's just so delicious biting into those succulent meaty mushrooms through that amazingly crispy batter. However, I wasn't the biggest fan of the deep-fryer at the market. Having to deal with cleaning up scalding hot oil at the end of the day in a hurry isn't great fun, but if you're not into deep-frying I'm sure this recipe will work using an air fryer, too.

You could really use any gourmet mushrooms for this dish, but I think big oyster mushrooms, shiitake and lion's mane are best. You could even be fooled into thinking those shiitake are chicken! If you have massive lion's manes, cut them into thick slices for battering. If you have smaller clusters of oyster mushrooms, you can batter them whole. If you go for enoki, keep the clusters together and also deep-fry them whole.

The chickpea flour in the batter enhances the flavour and really makes this recipe, so please don't skip it.

This has got to be the naughtiest thing I cook. Get into it. Indulge.

250 g (9 oz) mushrooms – oyster, lion's mane or shiitake mushrooms work best

1 litre (4 cups) vegetable oil

Celtic sea salt, for sprinkling

BATTER

225 g (1½ cups) white bread flour

75 g (⅔ cup) chickpea (gram) flour

1½ teaspoons Celtic sea salt

½ teaspoon freshly ground black pepper

1 teaspoon smoked paprika

½ teaspoon onion powder

½ teaspoon garlic powder

SPICED MAYO

90 g (⅓ cup) mayonnaise

¼ teaspoon Salty fermented chilli paste (page 123)

¼ teaspoon smoked paprika

Prepare the mushrooms by cutting off the substrate and separating any clusters into manageable bite-sized pieces.

In a bowl, mix together all the batter ingredients. Tip half the mixture into another bowl. To one of the bowls, gradually add about 170 ml (⅔ cup) water, bit by bit, whisking thoroughly until you have the consistency of a thick pancake batter.

In a small sauce bowl, mix together the spiced mayo ingredients and set aside for serving.

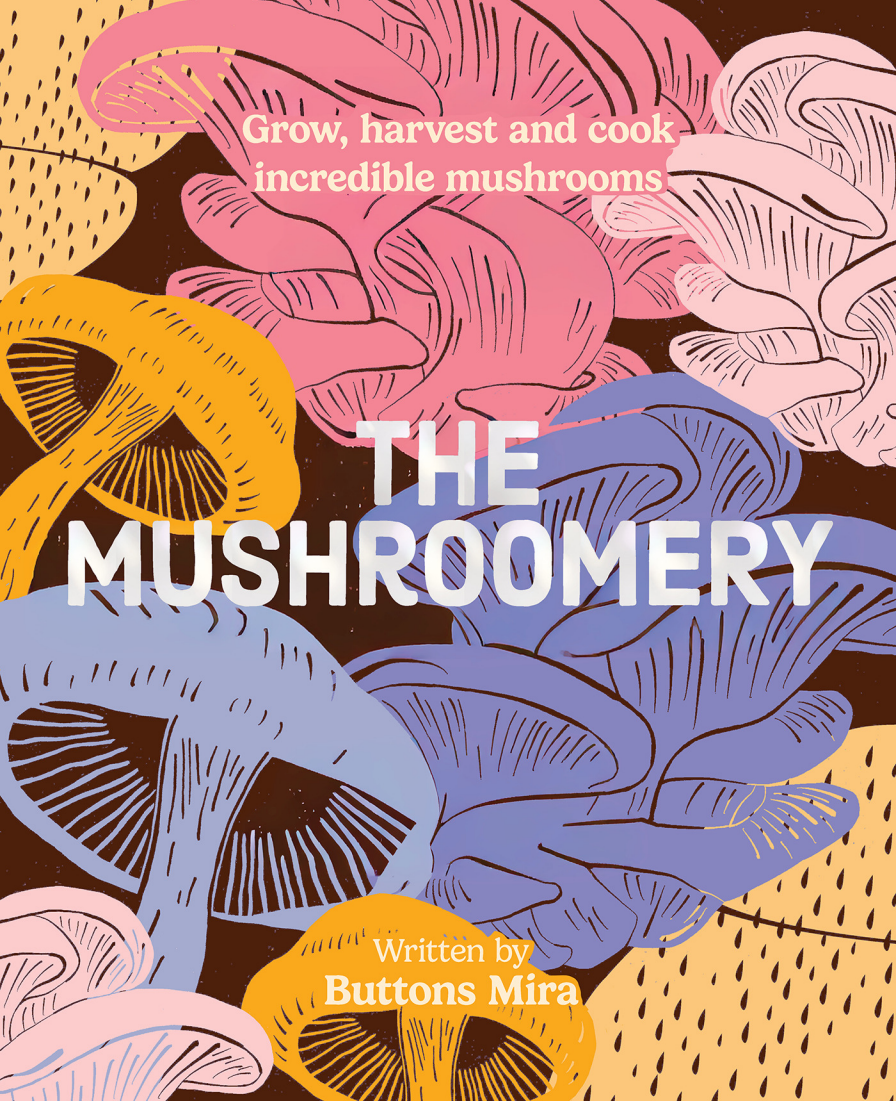
Pour the oil into a large heavy-based pot and heat to 190°C (375°F), or until a cube of bread dropped into the oil turns golden brown in 10 seconds. Line a plate with paper towel and place a cooling rack over it.

Dip a mushroom piece into the spiced flour mixture, coating it completely, then dip it into the batter, giving it another good coating. Allow the excess batter to drip off briefly, then carefully lower the mushroom piece into the hot oil. Add a few more battered mushrooms to the hot oil, being sure not to crowd the pan. Cook for about 6 minutes, until golden brown and crunchy, then transfer to the cooling rack to drain.

Working in batches as needed, batter and deep-fry the remaining mushrooms in the same way. Halfway through battering your mushrooms, you may need to whisk a bit more of the spiced flour mixture into the batter with a little more water.

Sprinkle with salt and serve hot, with your spicy mayo. Enjoy this naughtiness – you deserve it!




Grow, harvest and cook incredible mushrooms
THE MUSHROOMERY
Written by
Buttons Mira