

Crispy Enoki Mushrooms with Roasted Garlic Aioli



Recipe by: Russell Lichtenthal, Director of Sales & Hospitality

SERVES 3 PEOPLE AS A SIDE OR SNACK

“A lovely mid-course or snack, crispy enoki mushrooms are an umami bomb! They are crunchy and juicy at the same time, with a subtle meaty-sweetness that only mushrooms can provide. In concert with the sweet backbone of roasted garlic in the aioli, this dish will highlight the fruit forward and ethereal lift that our carbonic La Belle Promenade Pinot Meunier shows off in spades.” - Russell Lichtenthal

Recommended Wine Pairing:

La Belle Promenade Pinot Meunier

Mushroom Ingredients:

- 1 package enoki mushrooms
- 1 egg (beaten)
- 100 grams all-purpose flour
- 100 grams cornstarch
- 1/2 teaspoon baking soda
- 1 tsp sesame seeds
- 1/2 tsp garlic powder
- Salt and pepper

Garlic Aioli Ingredients:

- 3/4 cup mayonnaise
- 1 tbsp of roasted garlic
- 2 1/2 tablespoons lemon juice
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper



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Directions:

Step 1: For the aioli, cut the top 1/4 of the head of garlic off, drizzle oil and salt, wrap in foil and roast in 375* oven for about 45 minutes or until soft, caramelized, and fragrant

Step 2: While the garlic is roasting, combine the flour, cornstarch, baking soda and garlic powder in a bowl.

Step 3: Cut the mushrooms, leaving them intact at the base. You are looking for about 10 mushrooms per section.

Step 4: Beat the egg in a small bowl.

Step 5: Dredge the mushrooms lightly in the egg, and then in the flour mixture.

Step 6: Shallow fry in a neutral oil for about 2 minutes per side, or until browned and crispy.

Step 7: Remove from pan, place on paper towels and season immediately with salt, pepper, and sesame seeds.

Step 8: To finish the aioli, combine to roasted garlic once cooled with the rest of the ingredients in a bowl and whisk together until smooth and fully incorporated.

Step 9: Serve the mushrooms on a platter with roasted garlic aioli in a small bowl on side. Enjoy with Flâneur Wines Pinot Meunier.

