

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH MARISA JONES

ALL RECIPES ARE BY MARISA JONES



Shiitake Mushrooms

Whole Wheat Pasta with Shiitakes, Asparagus & Lemon

1 pound whole wheat spaghetti
2 tablespoons extra virgin olive oil
4 tablespoons butter, divided
4 shallots, sliced
1 pound shiitake mushrooms, stemmed, sliced
Zest and juice of 1 lemon
1 cup vegetable broth
1 bunch asparagus, trimmed, sliced on a bias
Salt, to taste
Fresh ground black pepper
Asiago, shaved
Chives

1. Bring a large pot of heavily salted water to a boil. Cook pasta to “al dente”.
2. Drain and hold, tossed with olive oil to prevent sticking.
3. While pasta is cooking, melt 2 tablespoons of butter in a large sauté pan over medium-high heat. When the butter is bubbling, add the shallots and sauté for 1 minute.
4. Add the shiitakes to the pan and continue to cook until soft, 5-6 minutes, season to taste with salt and pepper. Add the lemon zest, juice and vegetable broth. Bring to a boil and reduce heat to simmer until liquid is reduced by half, another 5-6 minutes.
5. Add the asparagus and simmer until bright green, 2-3 minutes, season to taste with salt and pepper. Turn off the heat and add the remaining butter, stir gently to incorporate and thicken slightly.
6. Pour the sauce over the pasta and toss to combine. Serve garnished with cheese and chives.

MORE RECIPES ON THE BACK! →

Shiitake Tartlets

1 package puff pastry, thawed
2 tablespoons butter
1 pound shiitake mushrooms, stemmed, sliced
1/2 cup crème fraîche
1/2 cup Gruyère, coarsely grated
Thyme, chopped, and sprigs
Zest of 1/2 lemon
Salt, to taste
Fresh ground black pepper
1 egg yolk

1. Roll out puff pastry and cut into 4 squares. Using a sharp paring knife, score a border around inside edges of each square. Arrange on lined baking sheets, cover with plastic wrap and chill.
2. Preheat oven to 400F.
3. Melt butter in a large sauté pan over medium-high heat. Add the mushrooms and sauté until tender and lightly browned, 4-5 minutes.
4. Remove and cool.
5. Combine mushrooms with crème fraîche, Gruyere, thyme, zest and season to taste with salt and pepper.
6. Mound the filling on each pastry square leaving border exposed. Brush the border with egg yolk. Bake for 20 minutes, until puffed and golden.
7. Serve garnished with thyme sprigs.

Roasted Tofu & Shiitakes

1/2 cup soy sauce
1/2 cup rice wine vinegar
1/4 cup extra virgin olive oil
2 tablespoons honey
2 tablespoons grated ginger
2 cloves garlic, minced
1 pound shiitake mushrooms, stemmed, quartered
1 pound firm tofu, rinsed, dried, sliced 1/2 inch thick
32 ounces spinach
2-3 scallions, thinly sliced on a bias
Toasted sesame seeds

1. Preheat the oven to 375F.
2. Whisk together the soy, vinegar, olive oil, honey, ginger and garlic. Add just enough to coat the mushrooms evenly, toss to combine.
3. Arrange the tofu in a single layer in a baking dish. Pour the remaining marinade over the tofu.
4. Roast the tofu for 20 minutes. Spread the mushrooms out on a baking sheet and roast along with the tofu, 10-15 minutes.
5. Divide spinach among serving plates, or place on a platter.
6. Remove the tofu from the oven and drizzle reduced marinade over the spinach. Top with roasted tofu slices and mushrooms.
7. Garnish with scallions and sesame seeds.

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TO PREPARE OUR SPOTLIGHTED PRODUCE ITEM: THE BLACKBERRY!



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