



# Marinated Mushrooms



This recipe contains basic information. Please view the teaching video for essential techniques to execute this recipe perfectly. **The ingredient weights below supersede those specified in the video.**

Total	Qty	STEP 1: MUSHROOMS
	240 g	Crimini mushrooms

- Total 240 g**
1. Medium mixing bowl on scale, weigh mushrooms
  2. Slice 5mm thick

Total	Qty	STEP 2: MARINADE
	50 g	Tamari, wheat free
94	44 g	Olive oil, extra virgin, cold-pressed
102	8 g	Garlic powder
104	2 g	Onion powder

- Total 104 g**
1. Blender jar on scale, weigh ingredients
  2. Blend until smooth
  3. Pour over mushrooms, mix well

Total	Qty	STEP 3: DEHYDRATION
<b>Total</b>	<b>344 g</b>	

1. Pour into a shallow pyrex dish
2. Dehydrate for 4-6 hours, until marinade thickens
3. Refrigerator 1 month, frozen 3 months

*Bon Appétit!*

NOTES:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



**Agathe Mathieu**  
Living Cuisine Chef  
taoorganics.com

**Healing**  
VEGAN CUISINE