

Skillet-Seared Éringi Mushrooms with Sudachi Lime
(*Éringi no Sudachi Yaki*)

エリンギのすだち焼き



The Japanese love of (reasonably priced) *éringi* mushrooms is, in part, due to their resemblance in texture to (wildly expensive) *matsutaké* mushrooms. Skillet searing the mushrooms while pressing them will preserve this texture while releasing aroma into the skillet as pan juices that become a sauce to be savored.

Serves 4 as an appetizer or side

8 to 10 *éringi* (king trumpet) mushrooms (each about 44 grams/1.5 ounces)
1 teaspoon *goma abura* (nutty sesame oil)
Generous pinch of sea salt
1 tablespoon *saké*
2 *sudachi* limes (cut each in half through the diameter)



Prepare your mushrooms: Trim away any gritty material from the base of your mushrooms. Using your fingers (rather than a knife) break each into 2,3 or 4 pieces by pulling from the base to the cap. The irregular surface produced by hand-tearing provides more opportunity for flavor transfer.

Choose a skillet that can accommodate your mushrooms laid out in a snug row, alternating cap and stem ends. Drizzle in a few drops of aromatic sesame oil before setting the skillet over medium-high heat.

When the pan begins to sizzle, press the mushrooms applying even pressure. The Japanese use an *otoshi-buta* -- a flat wooden lid that sits directly on the food, not the rim of the pan – to accomplish this. Or you could use the back of a broad, flat spatula to apply pressure. Sear for one minute or until highly aromatic (and if you peek underneath, you'll see the mushrooms have become lightly colored). You may hear a squeaky noise as you press.





Turn the mushrooms over and repeat applying pressure as you sear for another minute. Sprinkle with a pinch of salt and press again before adding a splash of *saké* to de-glaze the pan.

Mound on a plate and serve with *sudachi*.

