

Seaweed Scented Wild Mushrooms

6 ounces wild mushrooms, cleaned, separated
1/4 cup canola oil
Salt and black pepper to taste
1 Nori seaweed sheet

Preheat oven to 450 degrees F.

In a small bowl, toss mushrooms with oil, salt, and pepper. Spread mushrooms on rimmed baking sheet; roast in the oven for 5 to 10 minutes or until softened. Remove from oven; let cool.

Meanwhile, in a shallow bowl, cover seaweed with lukewarm water; soak to soften about 5 to 10 minutes. Strain water from seaweed; remove excess liquid with paper towels.

In a small bowl, combine seaweed with lightly browned mushrooms. Serve as a topping over roasted bison steak.

Inspired by: Smithsonian National Museum of American Indian The Mitsitam Café Cookbook

Many species of seaweed and kelp supplemented the fish based diet of communities living along the North Pacific Coast.

About the Recipe: Seaweed is a protein rich ingredient that adds flavor and many health benefits. The ocean flavor of the seaweed is balanced in this topping with the woody taste of the mushrooms. If serving as a salad, toss with salad dressing; serve over your favorite greens.