



## **Creamy “Oyster” Stew**

2 Tablespoons unsalted butter  
8 ounces oyster mushrooms, fresh or rehydrated, chopped  
1/2 cup minced onion or 2 shallots, minced  
1/4 cup dry sherry or apple cider  
1/2 cup milk  
1/2 cup fish stock, oyster mushrooms stock or clam juice as needed  
1/4 cup cream or as desired  
Salt and pepper to taste  
1 sprig parsley, minced  
For a thicker consistency: See Cook’s Note:

Melt butter in medium-sized pot. Add oyster mushrooms and shallots; cook on low heat until mushrooms release and then reabsorb their liquid.

Add sherry; increase heat to medium high; cook stirring 1 minute.

Add milk and stock; bring to a boil; reduce heat; simmer 5 minutes.  
Remove from heat.

Stir in cream; season with salt and pepper. Serve hot with parsley sprinkled over the top of each serving.

Serves: 2 as main course or 4 as side dish

**Note:** If using dried oyster mushrooms, follow directions on package or pour about 1 cup boiling water over dried mushrooms; let rehydrate about 15 to 20 minutes; stir occasionally. Use the mushroom liquid for stock.

Do not use stock made from other types of mushrooms as it will overpower the flavor of the oyster mushrooms.

**Recipe by:** Leda Meredith in *The Forager's Feast*, The Countryman Press

**Cook's Note:** I added a roux made of 2 Tablespoons melted butter and 2 Tablespoons all purpose flour to thicken the stew; cook until desired consistency. Also, if you need to substitute for dry sherry, about 1 teaspoon vanilla extract per 2 Tablespoons sherry is suggested. You could also use apple cider or dry vermouth

**About the Recipe:** "Oyster" here means oyster mushrooms. It is a play on words. I thickened the consistency, which enhanced the oyster mushroom flavor. Garnishing the top with a few oyster mushrooms along with a few drops of hot sauce added an interesting note to the creamy stew.