

# Simply Ming: Better For You Grilled King Oyster and Snap Pea “Risotto”

*By Ming Tsai 2023*

*(Serves 4)*

## **Ingredient List**

1 pound snow peas  
3-4 King oyster mushrooms  
2 shallots, minced  
Splash of white wine  
2 tb butter  
1 tb nutritional yeast  
1 lemon  
EVOO to cook  
Kosher salt and fresh ground black pepper to taste

## **Instructions**

Have a large pot of boiling water. Salt the water and blanch snow peas, 1 minute only, they will still be crunchy. Shock the cooked peas in an ice bath and drain, set aside. Half the mushrooms lengthwise, score and season well with salt. In a sauté pan on medium heat, coat with evoo and sear mushrooms cut side down until golden brown, about 6-8 minutes. Season with salt and pepper, flip the mushrooms over, add a splash of white wine. Cover and steam for 2 minutes, then remove the lid and reduce heat to low to continue cooking through about 2 more minutes. Meanwhile, line the snow peas in the same direction and slice long thin strips then turn to make small dice. Remove mushrooms from heat and allow them to rest (keeping the pan with the liquid). In the same sauce pan, add the butter to the mushroom jus and white wine that remains from cooking the mushrooms, whisk to incorporate. Add shallots, season, and sweat. Lastly mix in peas, nutritional yeast, season, and add a squeeze of lemon to taste.

## **Plating**

Plate “risotto” in pre-heated bowls. Slice mushrooms on the bias and place on top of risotto.