

Grace's Spicy Shiitake + Wild Garlic Pickles

Ingredients

- 2-3 cups dried shiitake mushrooms
- A large handful of foraged wild garlic bulbs with 1-2 inch of stem or thinly sliced garlic or onion
- 1 cup coconut aminos
- 1 cup Dr. Bragg's apple cider vinegar
- 3/4 - 1 cup coconut sugar
- A few slices of fresh ginger
- A few capfuls of good quality sesame oil
- A few spoonfuls of sesame seeds
- Red chili pepper flakes
- 1 tsp himilayan pink salt

Preparation

- Pour 2-3 cups boiling water over mushrooms caps and place a plate on caps to submerge them in the water for 15 minutes.
- Meanwhile, after cleaning and trimming wild garlic (known by many as "onion grass"- it is very easy to identify native plant in our area! Forage responsibly!), arrange in a wide-mouth mason jar. Add chili flakes, sesame seeds + oil to jar.

- Strain the mushrooms, reserving the liquid (this can be used in many recipes). Bring a 1/2 cup or so of the mushroom liquid + coconut aminos, vinegar, sugar + ginger to a boil and simmer on medium-low heat for 30 minutes, stir occasionally.
- Let cool, stack mushrooms in a jar with wild garlic and fill the jar with brine. Keep in the fridge for up to two weeks (quick-pickles are not storage worthy). This recipe can easily be adapted to available ingredients + taste!