

Oyster, King Oyster, Shiitake Mushrooms with Brown Basmati Rice Ingredients:

- 2 c brown [basmati](#) rice, cooked in 4 c water, 1 teaspoon sea salt, and a splash of [seasoned rice vinegar](#) just before serving
- 6 oz each [oyster](#), [king oyster](#), [shiitake mushrooms](#), cut bite sized (only the caps of the shiitake mushrooms)
- 1 onion, diced
- 3 cloves garlic minced
- 2 red [chili pepper](#), minced
- 1 T oyster sauce
- 1 T low sodium [soy sauce](#)
- 1 t sesame oil
- [coconut oil](#) for sautéing, (or olive oil)
- 2 large eggs, lightly beaten, with a bit of sea salt and black pepper
- 2 scallions, finely sliced, as garnish (optional)
- 1 T [Thai basil](#), finely chopped, as garnish (optional, but very tasty)
- 1 t sesame seeds (optional)

Heat 1 tablespoon of coconut oil in a large nonstick frying pan. Sauté onion until translucent. Add garlic, stirring for 1 minute, then add shiitake mushroom caps with an ounce of water. Cook covered for about 8 minutes, stirring occasionally. Add the rest of the mushrooms and the red pepper, cooking another 8 minutes or so, adding a tablespoon of water or a bit more oil when required, until the mushrooms taste done.

Season with oyster sauce, soy sauce and sesame oil, then remove to a large bowl. Use the same pan to cook the egg in a small amount of coconut oil. Cut the egg into strips and lay it over the mushrooms. Garnish the dish with scallions, sesame seeds and Thai basil. Serve atop the brown basmati rice.

Complementary side dishes include:

- Bok choy, cooked for about 4 minutes, in a covered frying pan, in a little coconut oil seasoned with garlic, a single red chili pepper and dressed with a bit of oyster sauce and soy sauce.
- Daikon, red bell pepper and cucumber, all thinly sliced and dressed with seasoned rice vinegar.
- Marinated, cooked tofu, purchased (along with all the other ingredients for this meal) at [Épicerie coréenne & japonaise](#) (2109, rue Sainte-Catherine St. W, Montréal).