



SPOTLIGHT RECIPE

FRIED OYSTER MUSHROOM PO' BOY WITH BLACK-EYED PEA HUMMUS

The Cajun seasoning used in the mushroom breading provides a spicy, savory kick, complemented by the earthy, tangy flavor of the hummus' creamy, savory spread. And the crisp, fresh pickles, lettuce and tomatoes offer a dynamic contrast of textures and flavors.

SERVES 6



For ingredients and
cooking directions, please
scan the QR code.

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INGREDIENTS

- 1 pound oyster mushrooms
- 1 cup of low-fat milk
- 2 tablespoons apple cider vinegar
- 2 teaspoons Cajun seasoning
- 1 teaspoon garlic powder
- 2 teaspoon fresh basil
- 2 cups oil
- 1 1/2 cups flour
- 1/2 cup panko
- 2 teaspoons sea salt
- 1 teaspoon black pepper
- 2 teaspoons smoked paprika
- 2 teaspoons cayenne pepper

Black-Eyed Pea Hummus

- 1 pound cooked black-eyed peas
- 6 cloves garlic
- 1/4 cup tahini paste
- 1/4 cup fresh lemon juice
- 1/2 cup extra-virgin olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1 teaspoon kosher salt
- 2 teaspoons parsley
- 6 hoagie rolls
- 12 slices tomatoes
- 24 slices pickles
- 1 head of lettuce, shredded

DIRECTIONS

Clean the mushrooms. In a bowl, add the milk, apple cider vinegar, mushrooms, Cajun seasoning, garlic powder and basil, tossing to coat.

Heat the oil in a deep pot to 365 F.

In a separate bowl, mix the flour, panko, salt, pepper, smoked paprika and cayenne pepper. Add the mushrooms to the flour and panko mixture. Mix well. Fry the mushrooms for 2 to 3 minutes until golden brown and crispy. Drain on a wire rack or paper towel. Set aside for plating.

Place the cooked black-eyed peas, garlic, tahini, lemon juice, olive oil, cumin, paprika, salt and parsley into a food processor. Process the mixture until it is smooth and creamy. Set aside for plating.

Lightly toast the hoagie rolls. Spread a generous layer of the hummus on the inside of both halves of the rolls. Add the mushrooms and layer the shredded lettuce, 2 slices of tomatoes and 4 slices of pickles on the bottom half of the roll. Serve.

Side dish

Cajun Roasted Potatoes

