



"Laissez Les Bons Temps Rouler" Pan-Fried Mushroom Po-Boy Sandwich Bites

By Dylan Sabuco

Prep Time 15 / **Cook Time** 10 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

mix: to thoroughly combine two or more ingredients until uniform in texture.

fry: to cook in a pan in a small amount of fat.

Equipment

- ☐ Medium pot + lid
- ☐ Medium mixing bowl
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Citrus squeezer (optional)
- ☐ Rubber spatula

- ☐ Candy/Deep Fry thermometer (optional)
- ☐ Paper towels
- ☐ Slotted spoon
- ☐ Toaster or frying pan to toast bread

Ingredients

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- ☐ 2 C button or baby bella mushrooms
- ☐ 1 C cornmeal
- ☐ 1 C all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- ☐ 1/2 C vegetable oil ******
- ☐ 1 tsp ground mustard
- ☐ 1 tsp paprika ****(for NIGHTSHADE ALLERGY sub nutritional yeast)****
- ☐ 1 tsp salt
- ☐ 1/2 tsp ground black pepper
- ☐ 1/2 tsp garlic powder
- ☐ 1/2 tsp onion powder
- ☐ 1/2 tsp dried parsley
- ☐ 1 tsp hot sauce ****(for NIGHTSHADE ALLERGY sub apple cider vinegar)****
- ☐ 1 C milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- ☐ 1 egg ****(for EGG ALLERGY sub 1 T ground flaxseeds + 1/4 C water, whisked)****
- ☐ 1/2 lemon
- ☐ 6 to 8 hot dog buns OR other similar buns ****(for GLUTEN ALLERGY sub gluten-free/nut-free buns)****
- ☐ romaine lettuce, optional
- ☐ 1 tomato, optional ****(Omit for NIGHTSHADE ALLERGY)****

Food Allergen Substitutions

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Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour. Substitute gluten-free/nut-free buns.

Nightshade: Substitute nutritional yeast for paprika. Substitute apple cider vinegar for hot sauce. Omit optional tomato.

Dairy: Substitute dairy-free/nut-free milk.

Egg: For 1 egg, substitute 1 T ground flaxseeds + 1/4 C water, whisked.

Instructions

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intro

A po-boy is a special type of sandwich commonly eaten in Louisiana. This dish was created in 1929 by the Martin brothers. During a streetcar strike, the brothers were streetcar operators in the French Quarter of New Orleans. Due to the strike, the brothers switched from operating their streetcars to frying up sandwiches for all the protesters. You make this classic by toasting buttery buns, loading them up high with fried and crispy shrimp, chicken, or veggies, drizzling it with creamy cajun rémoulade, and then finishing it off with lettuce, tomato, and onion. This flavor combination has been one of my favorites since I was a little boy. Anytime I would have sleepovers at my aunt's house, she would make the most buttery and delicious po-boys you could imagine. They were so tasty that I always asked her to send me home with one... or two.

measure + mix

In a medium mixing bowl, measure and add **1 cup cornmeal, 1} cup flour, 1 teaspoon ground mustard, 1 teaspoon paprika, 1 teaspoon salt, 1/2 teaspoon black pepper, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder**, and **1/2 teaspoon dried parsley**. Stir with a whisk until combined.

measure + juice + whisk

In a large mixing bowl, measure and add **1 teaspoon hot sauce** and **1 cup milk**. Then, crack in **1 egg**. Finally, slice **1 lemon** in half and squeeze half the juice into the bowl. Whisk to combine all the wet ingredients.

superstar food spotlight

Mushrooms are a type of fungus. Mushrooms are excellent sources of vitamin D and B6, which means they help our body absorb calcium and promote brain health. They grow by eating decomposing organic material like leaves or fallen trees in forests. They don't have roots or seeds. Instead, mushrooms have spores that spread from the wind and will eventually grow into a mushroom. Also, instead of roots, mushrooms have gills. These gills are brown and are housed under the cap of the mushroom. You can easily see the gills if you look underneath the cap of the mushroom yourself. The gills help transfer water and nutrients through the rest of the mushroom. These fungi can be poisonous, so stick to eating the ones at the grocery store unless you have an expert to help you look around the forest for mushrooms.

slice + coat

Slice **2 cups of mushrooms** into quarters if they are small to medium size and the bigger mushrooms into 6 or more pieces. Once sliced, add the mushrooms to the bowl of wet ingredients. Stir until all the mushrooms have been fully coated in the milk and egg mixture.

toss + heat

Remove the mushrooms from the wet ingredients bowl and place them in the dry ingredients bowl. Toss each mushroom until it is coated in a dusting of the cornmeal, flour, and seasonings. Meanwhile, in a medium pot, heat **1/2 cup of vegetable oil** over medium high heat for about 3 minutes. The ideal temperature is between 350 and 370 F.

fry + stir

Carefully place the mushrooms into the pot in an even layer. You should hear a sizzling sound as soon as the mushrooms touch the hot oil. Cook the mushrooms, stirring frequently, for 8 to 10 minutes or until golden brown.

frying safety

Make sure you have the lid of your pot nearby and that kids are within a safe distance from the fryer. Smoke and splatter are hazardous and need to be treated with care. As soon as you finish using the fryer oil, turn off the skillet to ensure it cools as quickly as possible.

toast + drain

Remove the mushrooms from the pot with a slotted spoon and place them on a paper-towel-lined plate or cutting board. Let the excess oil drain from the mushrooms while you toast **6 to 8 hot dog buns**. If you have a toaster, you can simply use that to toast your buns. If not, split them in half and place them in a dry frying pan over high heat for about 1 minute or until lightly browned.

build + devour

Let's build our Po-Boys. Place the toasted buns on a plate or cutting board. Generously spread **New Orleans Cajun Rémoulade Sauce** on a toasted bun. Then, fill the bun with as much of the fried mushrooms as you can fit. Finally, you can top the sandwich with optional tomato slices or chopped romaine lettuce or start devouring your Po-Boy as is! Enjoy! "Laissez les bon temps rouler" or "Let the good times roll" in Louisiana (Cajun) French!

Featured Ingredient: Mushrooms!

Hi! I'm Toady! I'm a Mushroom!

"I'm also a fun guy! Get it? Fun guy—fungi? I'm good in salads, sandwiches, soups, stews, on pizza, with pasta, and stuffed with other yummy foods. Plus, you can cook and use me in recipes just like you would meat!"

History

The first mushrooms were thought to be cultivated in Southeast Asia, but it is not known why for sure.

Perhaps someone discovered that mushrooms grew by accident and sought out a growing method.

All mushrooms are fungi, but not all fungi are mushrooms! There are an estimated 1.5 to 2 million species of fungi on planet Earth, of which only 80,000 have been properly identified. There are over 250 kinds of mushrooms that people eat.

Mushrooms are a kind of fungus that look like umbrellas! They grow in places like yards, forests, fields, and gardens.

What is a fungus? It's a kind of living organism that is different from plants. In fact, mushrooms are more like humans than plants!

Fungi walls are made of a fibrous substance called "chitin," rather than cellulose, like plants. Also, plants produce their own energy from the sun from photosynthesis, but mushrooms and other fungi don't need the sun for energy!

Many fungi eat by breaking down dead plants. However, other fungi feast on dead animals, bird droppings, manure, wallpaper paste, fruit, and living animals. So fungi are like nature's cleanup crew!

The yeast that makes bread rise is a type of fungi.

Mushrooms are sometimes called Toadstools! Can you picture a toad sitting on top of a giant mushroom?

Some mushrooms are good to eat, like portobellos, crimini, and shiitakes, while others are extremely poisonous. Never eat a mushroom you find growing outside unless you are with a mushroom expert!

The Honey Mushroom in the Blue Mountains of Oregon is the world's largest living thing. It is actually a mushroom colony and is believed to be at least 2,000 years old! It covers almost four square miles!

Some mushrooms live entirely underwater.

In the Amazon rainforest, mushrooms release spores into the air, which creates the surface for water to condense and can trigger rain. The rain then causes more fungi to grow.

Before the invention of colorful synthetic dyes, people used mushrooms for dyeing wool and other natural fibers.

Greek warriors ate mushrooms to increase their strength before battle.

Mushrooms are one of the vegetable world's substitutes for meat.

Anatomy & Etymology

The largest mushroom you'll find in most grocery stores is the portobello. It is the fully grown version of the *Agaricus Bisporus* species and has a large, brown cap. Smaller, immature mushrooms may be brown, like the crimini, or white, like the button.

Mushrooms contain more than 90 percent water!

Some mushrooms glow in the dark! They produce light through a process called bioluminescence. People used to carry these in ancient times to light their way through the forest.

Mushrooms can grow super fast. Once they break through the surface of whatever they're growing on, they

can double their size in just one day.

The word "mushroom" comes from late Middle English for any fungus with a fleshy and fruiting body. It is derived from the Old French "mousseron," from the late Latin "mussirio."

How to Pick, Buy, & Eat

Wild mushrooms can be found in many wooded areas. If you choose to harvest wild mushrooms, make certain you have a professional identify your pick. Many mushrooms may resemble safe mushrooms but are actually poisonous!

Buy mushrooms with whole, intact caps, and be sure they are not wet or slimy!

They will smell strong, sweet, and earthy when fresh.

Rinse mushrooms before you slice or cut them. Whole mushrooms won't absorb much water, while cut mushrooms will. Wait to rinse mushrooms until right before you cook them; otherwise, they'll turn slimy.

Mushrooms can be broiled, sautéed, and grilled. Mushrooms can be chopped or sliced and added to other dishes. Portobello caps are large enough to eat like a hamburger on a bun!

The mushroom cap is most often the part that is cooked and eaten. The stem can be fibrous and woody but will add flavor to vegetable or meat stock.

Mushrooms pair well with balsamic vinegar, fresh herbs (like oregano, rosemary, thyme, and cilantro), marinara, spinach, leafy greens, tomatoes, goat cheese, mozzarella, cream-based sauces, garlic, and onions.

Store mushrooms in a partially closed resealable plastic bag to ensure air circulation without drying out the mushrooms.

Nutrition

Mushrooms are low in calories and are an excellent source of B vitamins. These vitamins are needed for healthy cell and brain function, and they help prevent cancer and stress.

Even though mushrooms don't use the sun for energy, they use it to produce vitamin D, just like humans do! Vitamin D is essential to our bones! It keeps them strong and regenerating.

Mushrooms have essential minerals such as selenium, copper, phosphorus, zinc, and potassium. Copper helps the body build red blood cells and is necessary for the health of our bones. Selenium is an antioxidant that may decrease cancer risk.

Mushrooms have been used successfully in traditional Chinese medicine for thousands of years to treat many health conditions. Western medicine is finally beginning to recognize and utilize some of the medicine mushrooms naturally contain.