

Mock Oyster Po'boy

I miss oyster po'boys. We use oyster mushrooms (of course) for the oysters – because we like them. This is also a good vegetarian alternative, an alternative for those allergic to seafood, or an option if it's not oyster season.

Ingredients:

3 cups	Oyster mushrooms
Small amount	Olive oil, Vinegar, Salt
1	Egg (or ground flaxseeds)
3 Tbsp	Water
½ c	Cornmeal
½ c	Panko bread crumbs
1 tsp	Seafood seasoning (can substitute a mix of paprika, onion powder
¼ tsp	black pepper)
to taste	Cayenne (optional)
to taste	Salt and pepper

Directions:

1. Trim the mushrooms if necessary. Place in a bowl and drizzle with olive oil and vinegar. Add a pinch of salt.
2. Preheat oven to 450°. Line a baking sheet with parchment or foil.
3. Stir together the egg and water in a small bowl.
4. In a larger bowl (or gallon bag), mix the cornmeal, panko, and spices.
5. Dip the mushrooms in the egg mixture, and then dip in breading. (I get lazy and put the egg mixture over the mushrooms, stir gently, and add the mushrooms to the bag of breading and shake. It works.)
6. Spread on the baking sheet and bake 10 – 12 minutes, or until the desired doneness.
7. If desired, spritz with lemon.