

CRISPY DEEP-FRIED BREADED MUSHROOMS



Ingredients (serve 2 people):

16 button mushrooms, stems removed

1 cup seasoned bread crumbs

1/2 cup wheat flour

2 eggs

1/8 cup milk

1/2 tsp dried oregano

1/2 tsp garlic powder

1/4 tsp cayenne pepper

1/2 tsp black pepper

Salt to taste

1/4 tsp red chili flakes

1/4 tsp dried basil

1/4 tsp dried thyme

Vegetable oil for deep-frying

Preparation:

1. Clean mushrooms and sprinkle with some salt.

2. Set aside while you prepare your breading station.
3. Bring out 3 descent-sized Tupperware containers with lids.
4. These will be part of your breading station.
5. Alternatively, you can use mixing bowls if you like.
6. In one container, place the wheat flour. oregano, garlic powder, cayenne, black pepper, salt. red chili flakes, basil, and thyme.
7. Mix to combine.
8. In another container, break in the eggs and beat together with 1/8 cup milk.
9. In the final container, add the breadcrumbs
10. Add a touch of salt, pepper, and garlic powder here and some more red chili flakes for the spice lovers.
11. Working in batches, place mushrooms in flour mixture.
12. Put on lid and shake until mushrooms are fully coated.
13. Transfer those mushrooms to the egg mixture and shake until fully coated again.
14. Finally, move the mushrooms to the breadcrumbs and shake until evenly coated.
15. Place coated mushrooms on a separate, clean plate and repeat until all mushrooms are coated.
16. Pour enough oil into your pan that will allow you to deep-fry the mushrooms.
17. Anywhere from 1-2 inches.
18. Heat to 180° C a candy thermometer is best here.
19. When the oil is hot, add the mushrooms in small batches, about 6 mushrooms at a time.
20. Deep-fry for 6-10 minutes, flipping them halfway through so you get a nice, golden brown colour on the mushrooms.
21. Times will vary depending on your temperature.
22. Oil temperature will drop drastically when you add the mushrooms in, so before you move onto your next batch of mushrooms, make sure the oil reheats to 180° C.
23. Remove from oil and place them in a bowl that is lined with paper towel to catch any oil drippings.
24. Cook until all the mushrooms are completed.
25. Serve with ranch dressing or your favourite dipping sauce.