

Beans, Rice And Everything Nice

Shiitake Mushroom Stock



original recipe by beansriceeverythingnice.weebly.com

Ingredients

makes 4 cups

8 dried Shiitake mushrooms

4-1/2 cups water

Add-ins:

2-4 cloves garlic

sliced ginger

1-2 Tablespoons gf tamari

1-2 Tablespoons vinegar

herbs to taste

1. Brush the dried mushrooms with a vegetable brush and rinse thoroughly under running water. Add the cleaned mushrooms to a medium saucepan along with add-ins and water.
2. Cover the pot and bring to a boil over medium-high heat. Reduce the the heat to medium-low and simmer for 15 minutes. Turn off the heat and let sit for another 15 minutes. Strain the solids out of the stock, and reserve the rehydrated mushrooms.
3. Cut the rehydrated Shiitake mushrooms into little strips. Discard the hard centre stems. Reserve the mushrooms to add back into the recipe, if desired, or save them to use in another recipe. If you are making the stock a day or two ahead (or freezing), store the mushrooms and stock separately in the refrigerator.