



Maple “Chicken of the Woods” Stir Fry

Recipe by John Montefusco, Our Woods Maple

- 1/2 lb. “Chicken of the Woods” mushrooms* (forage or purchase)
- 1 whole medium yellow onion
- Extra virgin olive oil
- Salt, pepper to taste
- 1/2 c. (approx.) pure NYS maple syrup
- 2 cloves of garlic, sliced
- 1/3 stick grassfed butter
- Sage/rosemary/thyme



In a sauce pan, heat oil & butter over medium heat. Add and reduce onion until translucent. Add garlic. Reduce. Add salt pepper. Add sliced “Chicken of the Woods” mushrooms. Cook through medium heat, about 5-7 minutes. Add herbs, seasonings to taste. Drizzle syrup and heat through while stirring for an additional minute. * *You may substitute portobello mushrooms, pork or beef for the “Chicken of the Woods” mushrooms.*