



## today's main ingredient

A  LOCAL FOOD PODCAST



# Mushroom and Parmesan Salad

**Caution:** some sources cite that about 4% of people have difficulty digesting the chitin found in the cell walls of raw mushrooms. Cooking the mushrooms eliminates that concern.

### INGREDIENTS – Serves 4

7 large white button or fresh porcini mushrooms, sliced paper thin  
20 thin slices of soft Parmesan cheese  
Juice from 1 lemon  
Salt and freshly ground black pepper  
Garnish: extra-virgin olive oil

**STEP 1** – Combine all the ingredients except oil, and mix gently.

**STEP 2** – Garnish and serve at room temperature as a first course.