

## Orange Roughy with Maitake and Onions

Mushrooms have a natural earthy flavor. To lighten this character, a little lemon juice is added when cooking them with seafood. This mushroom topping can be served with any kind of fish.

Soak the maitake in 1 cup tepid water for 30-40 minutes, then gently squeeze out excess water and finely chop. Save the soaking water for stock for soups or sauces.

Heat the oil in a large skillet. Add the onion and a pinch of salt and sauté over medium heat for a minute. Add the maitake, lemon juice and shoyu, and sauté for 2-3 minutes, then cover and cook over medium-low heat for 5 minutes more. Add the parsley and ginger juice and toss well.

Season the fish fillets with salt and place them over the mushroom mixture. Cover and cook over medium heat for 7-10 minutes, or until the fillets are just cooked. Serve the fish covered with the maitake-onion mixture and garnish with parsley, if desired.

### **Preparation List:**

#### **Serves 4**

- ½ cup dried maitake mushrooms
- 2 tablespoons extra virgin olive oil
- ½ medium onion, diced
- pinch of sea salt
- 2 teaspoons fresh lemon juice
- 2 teaspoons shoyu
- ¼ cup chopped parsley
- 2 teaspoons fresh ginger juice (grate root and squeeze to extract juice)
- 4 orange roughy fillets, 4-6 ounces each