

Coconut Mushroom with Pina Colada Sauce

Serving Size: 4

Coconut Mushrooms

1 #	pink oyster mushrooms, clean and torn into shrimp size pieces
1 c	gluten free all purpose flour
1 ea	13.33 ounce can unsweetened coconut milk full fat
8 oz	unsweetened coconut shreds
1 tsp	seafood seasoning
1 c	coconut oil

1. Place the flour and seafood seasoning, coconut milk, and coconut shreds into 3 separate bowls. Whisk the coconut milk so that it's fully blended.
2. One at a time, coat each mushroom with the gluten free flour and lightly tap off the excess flour.
3. Next, dip in the coconut milk. Allow the excess batter to drip off.
4. Finally, toss the mushroom in the shredded coconut then place it on a parchment lined pan.
5. Repeat this with all of the remaining mushrooms. Let rest 10 to 20 minutes in fridge before use.
6. Add oil to a deep skillet until it is about 1/4-inch high.
7. Add the mushrooms and cook on the first side until golden brown, about 3-5 minutes.
8. Flip the mushroom half way through and continue cooking another 2-3 minutes until golden brown and cooked through.
9. Remove the mushroom and transfer to a paper towel lined pan to cool.

Pina Colada Sauce

1/2 c	coconut milk
1/4 c	pineapple juice
1 c	crushed pineapple
1/4 c	unsweetened flaked coconut
1/8 tsp	crushed red pepper
1/4 tsp	kosher salt
Juice from 1 lime	
Zest from 1 lime	
4 tsp	cornstarch
4 tsp	water

1. In a medium saucepan, whisk together coconut milk and pineapple juice. Bring the mixture to a low-boil over medium-low heat. In small dish mix together cornstarch and water.
2. Add the crushed pineapple, coconut, crushed red pepper, salt, lime zest and lime juice and whisk well.
3. Bring the mixture back to a low boil and simmer until mixture is desired consistency, about 4-5 minutes.
4. Cool before use.