

Mushroom Larb (Laab) Recipe

Yield: 3 cups

Ingredients

1/4 cup uncooked short grain or brown rice
1 teaspoon olive oil
4 cups mushrooms,* diced
4 green onions, or 1 cup, thinly sliced
1/2 cup or 1 large shallot, thinly sliced
1 cup cilantro, roughly chopped
2 Tablespoons mint, leaves torn into pieces
(about 2 sprigs)
3 Tablespoons lime juice (1 to 2 limes)

1 teaspoon fish sauce
1 teaspoon larb (laab) seasoning
2 teaspoons toasted rice powder
1/4 teaspoon crushed red chili
flake (optional)
6 to 10 Lettuce leaves

***Any meaty/dense mushroom will work:** brown cremini, white button, oyster, shiitake, beech, king, etc.



Instructions for Adults

Assist with supervision of safe knife skills and stovetop.

Instructions for Kids

- Heat a small skillet on medium-low heat. Add uncooked rice to the dry pan. Stirring occasionally, toast the rice for 15-18 minutes until medium brown and starting to smell like popcorn. Transfer to a plate and let cook completely. Grind in a spice grinder, food processor or crush with a mortar and pestle. Set aside 2 teaspoons for this recipe, and store the rest in an airtight container.
- Heat a medium pan over medium high heat. Add olive oil. Add diced mushrooms and saute for 5 minutes, stirring occasionally, until slightly brown. Drain out excess liquid and place in a medium mixing bowl.
- Add green onion, shallot, cilantro and mint to the mushrooms and mix with a spoon.
- Add lime juice, fish sauce, larb seasoning, 2 teaspoons toasted rice powder and red chili flake (if using). Mix until well combined.
- Serve on lettuce leaves and eat as a wrap.

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