



August 19, 2009

Joke Of The Day

5 Ways To Keep A Healthy Level Of Insanity In The Workplace

1. Page yourself over the intercom. (Don't disguise your voice.)
2. Find out where your boss shops and buy exactly the same outfits. Always wear them one day after your boss does. (This is especially effective if your boss is a different gender than you are.)
3. While sitting at your desk, soak your fingers in "Palmolive."
4. Put up mosquito netting around your cubicle.
5. Put your garbage can on your desk. Label it "IN"

What's New This Week

Fresh Local Lobster Mushrooms have arrived!



Qualities:

- Firm and crunchy texture
- Mild flavor
- Use in pasta dishes, stir fries, gravies and soups
- Product of British Columbia

The lobster mushroom has a florescent, orange, crusty exterior and a firm and sweet flavour. The taste of a lobster mushroom is said to resemble that of an actual lobster, with a faintly marine flavour and a dense texture. They are very versatile can be used in a wide range of dishes; they take well to baking, sauté, and frying and their unique flavour can complement numerous different foods. They are also superb on their own, fried in a little bit of butter.

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Fresh Local Chanterelle Mushrooms have arrived!



At last Chanterelle Mushrooms have arrived from Saskatchewan, Canada! I know everyone has been anxiously waiting and now we can have them available. This is an excellent week for local wild mushrooms, so everyone let's start frying up some wild mushrooms.

Spaghetti alla Carbonara con Lobster Mushroom



Ingredients:

- 1 lb. Spaghetti
- ½ lb. lobster mushrooms, cleaned and sliced
- 1 cup freshly and finely-grated cheese
- 2 tbsp. unsalted butter
- ¾ cup frozen green peas, thawed and drained
- 2 tbsp. finely-chopped parsley
- Black pepper, to taste
- Sea salt, to taste
- 4 eggs, beaten

Directions:

Bring a large pot of water to boil. Add 3 tablespoons of salt. Cook until almost al dente. Drain, reserving ¼ cup of the cooking liquid. While the pasta is cooking, heat a large sauté pan over medium heat and add the butter. Once bubbling, add the lobster mushrooms plus black pepper and sea salt to taste. Sauté until the mushrooms release their liquid and cook, about 6 minutes. Add the garlic and more black pepper to taste. Sauté just until aromatic, about 30 seconds. Add the pasta, green peas, and the reserved cooking liquid to the pan. Cook one minute, shaking to mix the ingredients. Add the cheese and more black pepper to taste, stirring to coat the pasta. Remove the pan from heat. Add the beaten eggs, whisking vigorously until thickened but not scrambled. Serve immediately, garnished with the chopped parsley.

Source: <http://food.rlove.org/2008/09/spaghetti-alla-carbonara-con-lobster.html>



Misty Mountain
Specialties

Misty Mountain Specialties
130 - 13900 Maycrest Way
Richmond, B.C., Canada
V6V 3E2

Tel: 604-273-8299
Fax: 604-273-8124
Email: info@mistymt.com