

Spice & Ginger

discovering food stories



High trails & earthy plates

April is that sweet spot between seasons: spring is blooming, and travel dreams are slowly coming back to life. This month, I'm serving up a little thrill and a lot of flavour. We're heading up into the Andalusian cliffs to walk one of Europe's most spectacular trails: the Caminito del Rey. Back in the kitchen, I've been playing with king oyster mushrooms: grilled, glazed, toasted, and totally irresistible.

Whether you're dreaming of faraway places or planning your next dinner, I've got just the inspiration you need!

Spain's most thrilling hiking trail

The Caminito del Rey is not for the faint of heart. This cliffside path winds through dramatic gorges and offers sweeping views at every turn. Once dubbed the most dangerous hike in the world, it's now fully restored - and absolutely breathtaking. If you've got a head for heights and a taste for adventure, this one's for you.

Ready to take the leap? Discover my practical tips to help you make the most of this unforgettable experience.

[Walk the Caminito del Rey](#)



One ingredient, two bold recipes

Celebrate the versatility of eryngii mushrooms in two bold recipes. Also known as the king oyster mushroom, this unique variety boasts a meaty texture and rich umami flavor, making it a favorite in both Mediterranean and Asian cuisines. Perfect for grilling, sautéing, or even enjoying raw, eryngii mushrooms offer endless possibilities in the kitchen. Their firm, fleshy texture makes them an excellent meat substitute, ideal for plant-based dishes.

Whether you're a mushroom lover or just discovering them, eryngii is sure to become a new favorite ingredient. Let's dive into some irresistible recipes!



King Oyster Mushroom Toast

New-Style

Creamy, earthy, and full of bite, this king oyster toast is a weekday lunch upgrade you won't want to miss. Inspired by the fried cèpes with quail egg at Ganbara in San Sebastián, I've swapped in eryngii mushrooms and added artichokes to bring out the rich umami flavor. With the same satisfying texture and flavor, eryngii is the perfect year-round substitute for cèpes.

[Toast it up](#)

Grilled eryngii with gochujang glaze

Next, let's take a culinary trip to Korea. Inspired by my son Alessio's passion for Korean cuisine, I've created a dish that brings together the deep flavors of gochujang with the meaty texture of grilled eryngii mushrooms. The glaze adds an extra kick, making this a simple yet bold dish.

[Fire up the grill](#)



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