



ROCKEE NEWS

Best Mushrooms, Best Taste!!!!

August 2005

Summer is sadly coming to an end! We hope that mushrooms played an important role in your diet. Whether you eat them in a soup or through them on the grill, mushrooms are a delicious and healthy dish for the whole family. This month we've found a recipe that will make a great side dish for any time of the year! Here is a quick and easy dish that will have everyone asking for seconds!

RECIPE: Sauté Mushrooms

INGREDIENTS

(Serves 4)

- 6 tablespoons [extra virgin olive oil](#)
- 1 1/2 pounds fresh button mushrooms (Or your choice of mushroom, such as Oysters, Shiitakes, Criminis, Whites, Maitakes, etc.)
- 2 tablespoons unsalted butter
- Sea salt, preferably [gray salt](#)
- freshly ground black pepper
- 1 tablespoon minced garlic
- 1 1/2 teaspoons minced fresh thyme
- 1 1/2 tablespoons fresh lemon juice
- 1/2 cup dry white wine
- 1 tablespoon chopped fresh Italian (flat-leaf) parsley



DIRECTIONS

Heat a large skillet over high heat. Add the olive oil. When the oil is hot, sprinkle in the mushrooms in a single layer. Don't stir! Let them sizzle until they have caramelized on the bottom, about 2 minutes. If you toss them too soon, they will release their liquid and begin to steam. When the bottoms are caramelized, toss the mushrooms and continue to cook over high heat for about 5 minutes. Drain the mushrooms in a sieve and discard the excess oil.

Return the mushrooms to the skillet and add the butter. Continue to cook, stirring occasionally, until the mushrooms are beautifully browned, 2 to 3 minutes. Season with salt and pepper and add the garlic. Sauté until the garlic is lightly browned, about 2 minutes. Add the thyme and lemon juice and cook until the liquid evaporates. Add the wine, reduce the heat slightly, and simmer until the mushrooms are glazed with the sauce. Add the parsley, transfer to a warmed bowl, and serve immediately.

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