

Cleveland County Kitchen
April, 2015
Food of the Month – MUSHROOMS
Nancy Fichter



Chimichurri Marinated Mushrooms

¼ c fresh parsley, preferably Italian flat leaf
¼ c fresh cilantro
2 cloves chopped garlic
8 oz sliced mushrooms, white button, portabello, shitaki
½ -¾ c olive oil
1 ½ tbsp red wine vinegar
1 tsp chili sauce, like sriracha, or cayenne pepper to taste
½ c chopped nuts for serving (optional)

To make the Chimichurri: place parsley, cilantro, garlic, olive oil, vinegar, chili or cayenne pepper in a blender and puree
In a bowl, place sliced mushrooms and chimichurri sauce and mix until mushrooms are fully coated with the sauce.

Place in a sealable container and marinate the mushrooms for 2-24 hours

To serve, bring to room temperature, place on platter and sprinkle with nuts if desired. Mushrooms can also be used in rice or pasta dishes, sautéed or roasted.

Sauteed Mushrooms

8 oz Sliced mushrooms
2-3 tbsp Olive oil

Heat oil in a saute pan. The oil should be hot enough when you put your hand over the pan and can feel heat rising on your palm or when you place one mushroom in the pan and it starts to gently sizzle. If you place mushrooms in oil that is too cold, the mushrooms will soak up too much oil like a sponge. Oil should not start to ripple in the pan, it is too hot and will burn your mushrooms.

Place mushrooms in the pan with heated oil, be patient and move the mushrooms gently around. At first, the mushrooms will absorb some of the oil and the pan may appear dry. Resist to add more oil, the mushrooms will release its natural moisture.

Continue sautéing until mushrooms are tender and browning. Do not overcook or mushrooms will be leathery

Serve warm or cold as a side or in your favorite dish.

Made Available by:

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