

## HAVE I BEEN COOKING MUSHROOMS WRONG???

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I have always liked mushrooms (well at least for most of my adult life). I am by no means a connoisseur, but I like them. I never really gave a lot of thought to how I cooked them; usually I'd just rinse them and fry them up in a pan. I have since added roasting to my repertoire as well, but still, not really much thought put into it. Then one day I came across a video that was totally counter intuitive to anything I would have imagined. The gist of it was that you par boil them in WATER and then fry them. The other night I decided to try something along these lines and WOW, have I been missing out.

And yes, I rinse mushrooms. You'll see a lot of food gurus these days saying to never rinse the mushrooms because they will absorb water like a sponge. Instead, lightly dry scrub them with a brush or paper towel. But, as Andrew Rea has said, "mushrooms are dirty" AND I know what they grow them in. Also, the recipe makes it kinda irrelevant.

### INGREDIENTS

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| <u>Qty.</u> | <u>Unit</u> | <u>Item</u>                                    |
|-------------|-------------|--|
| 1           | lb          | White Button Mushrooms                         |
| 2           | Cups        | White Wine                                     |
| 1           | TBSP        | Land O Lakes Salted Butter                     |
| AR          | -----       | Grapeseed (Or Other Oil with High Smoke Point) |

Mushrooms... we'll start out simple with this one and use the generic white button mushrooms. Either sliced or whole, but you'll eventually have to slice them

White wine... No real preference here, but get something that you like. I used Yellow Tail Pinot Grigio for this one. Fairly inexpensive, but tastes good to my untrained tongue

Insert standard blurb about salted vs. unsalted butter here

### SPECIAL TOOLS

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- None!!!

### PREPARATION

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- 1) Rinse the mushrooms in a colander and shake off excess water
- 2) If you did not get the sliced mushrooms, slice the mushrooms now
- 3) Place mushrooms in a cast iron pan
- 4) Add 2 cups of your white wine of choice and set heat to high
- 5) Cook until the wine fully evaporates, stirring occasionally
- 6) When wine is just about all evaporated, spread the mushrooms evenly about the pan

- 7) Cook on high for about 5 minutes after the wine is totally gone or until you get a nice browning on the pan side of the mushrooms
- 8) Add the butter and let melt
- 9) Stir the mushrooms until evenly coated with the butter
- 10) Cook for about another two minutes or until the mushrooms are done to your liking
- 11) Remove heat
- 12) Plate with whatever you are eating them with
- 13) ENJOY!!!

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### CLOSING THOUGHTS

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I was really pleasantly surprised by this. The mushrooms had a nice “toothsome” quality and the browning gave it that little bit of almost crust that we all know and love. The wine gave the taste a nice extra dimension without being overbearing. Overall, I consider this one a win and yet another key to yet another door.

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### NOTES

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- i. None

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### PICTURES

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No pictures yet!