

PORTABELLA MUSHROOMS

Extending on "Have I Been Cooking Mushrooms Wrong???", I decided to see what I could with portabellas. The funny thing is that it was not directly translatable. Close, but not quite. After a few tries, I think I locked this one down.

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
2	6 oz Packs	Sliced Portabella Mushrooms
1 1/4	Cups	White Wine
3/4	Cup	Unsalted or Low-Sodium Beef Broth
1	TBSP	Land O Lakes Salted Butter
AR	-----	LVO (Light Olive Oil)

White wine... The more I use it, the more I like Yellow Tail Pinot Grigio for this type of stuff. Fairly inexpensive, but tastes good to my untrained tongue

Beef broth... No real preference, but I have had pretty good luck with College Inn. Whatever you get, however, make sure it is unsalted or at least low-sodium

Insert standard blurb about salted vs. unsalted butter here

SPECIAL TOOLS

- None!!!

PREPARATION

- 1) Lightly coat a cast iron pan with LVO
- 2) Rinse the mushrooms in a colander and shake off excess water [i]
- 3) Place mushrooms in a cast iron pan. It will most likely be two layers
- 4) Mix the white wine and beef broth then pour over the mushrooms
- 5) Set heat to high
- 6) Once the liquid starts to bubble, start stirring occasionally and spreading out the mushrooms evenly as they shrink (they will eventually fit on one layer)
- 7) Cook until the wine fully evaporates
- 8) When wine is just about all evaporated, spread the mushrooms evenly about the pan
- 9) Cook on high for a few minutes after the wine is totally gone or until you get a nice browning on the pan side of the mushrooms
- 10) Flip the mushrooms and cook another minute or two or until you get a nice browning on the other side of the mushrooms
- 11) Cut the butter into small pieces and spread around the pan

- 12) Stir the mushrooms as the butter melts until evenly coated with the butter
- 13) Cook for about another two minutes, stirring occasionally, or until the mushrooms are done to your liking
- 14) Remove the mushrooms from the pan and set aside
- 15) Plate with whatever you are eating them with
- 16) ENJOY!!!

CLOSING THOUGHTS

Another winner. Like the white button mushrooms, the portabellas 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. Cutting the wine with beef broth mellowed out the intensity of using pure wine and gave it a nice little bit of (I hate to use this word) umami.

NOTES

- i. Remove the gills or not? I never have. I never really even thought about it until I started seeing people talking about it on the ol’ interwebs. Try it both ways and see what you like

PICTURES

No pictures yet!