



## today's main ingredient

A  LOCAL FOOD PODCAST



# Beer-Roasted Mushrooms

### INGREDIENTS – Serves 4

8 large portobello mushrooms  
6 Tablespoons extra-virgin olive oil  
1/2 teaspoon fine sea salt, or more as needed  
1/2 teaspoon freshly ground black pepper, or more  
8 garlic cloves, smashed  
6 sprigs fresh rosemary (or 1 scant teaspoon dried, minced)  
1 Tablespoon soy sauce  
12 ounces beer, such as brown or pale ale, IPA, stout or porter, divided

*Pre-heat oven to 450° F*

**STEP 1** – Brush the mushrooms lightly to remove any dirt. Pull off the stems and discard or save for another use. Use a small spoon to gently scrape away the gills from the mushroom caps.

**STEP 2** – Lay the mushrooms in a 12-inch cast-iron skillet or a flameproof roasting pan, gill side up. Drizzle with the oil, using your clean hands to coat the mushrooms evenly. Season lightly with salt and pepper, then scatter the garlic and rosemary around the mushrooms.

**STEP 3** – Pour about three-quarters of the beer over the mushrooms (reserving the rest for deglazing). Roast (middle rack) for 10 minutes, or until the mushrooms have started to collapse.

**STEP 4** – Use tongs to turn the mushrooms over and carefully push them around a bit to coat the gill sides in the roasting liquid. Flip the mushrooms back (to be gills side up) and roast for another 10 minutes, or until their juices have caramelized and reduced to about 1/4 cup.

**STEP 5** – Taste, and add more salt and pepper, as needed. Remove the skillet or roasting pan from the oven and divide the mushrooms and garlic on individual plates.

**STEP 6** – Set the skillet or roasting pan on the stove over medium-high heat. Pour in the remaining beer and use a wooden spoon to dislodge any stuck-on bits. Once the beer is bubbling and has reduced a little, pour the pan sauce over the mushrooms.

*Serving ideas:* Cut into thick slices to present on a platter, serve whole or in thick slices with steak, use for sandwiches, top a salad; or with extra-large caps, add some tomato paste plus a sprinkling of cheese to the gill side, then broil to melt for a 'portobello pizza.'