



today's main ingredient

A  LOCAL FOOD PODCAST



Braised Mushrooms

About 1 hour: Serve as a side, over toast, or with poultry or red meat

INGREDIENTS - Serves 4

4 Tablespoons butter
1/2 cup onions or scallions, sliced or chopped
1/2 cup poultry stock or water
8 ounces fresh mushrooms, sliced or whole
1 teaspoon salt
1 teaspoon sugar
1 Tablespoon soy sauce
1 teaspoon fresh thyme (or 1/2 teaspoon dried)
2 Tablespoons cornstarch, mixed with 1/3 cup water

STEP 1 – Melt butter in a saucepan over low heat. Add onions or scallions and sauté over medium heat until almost transparent (do not brown).

STEP 2 – Add water or poultry stock and bring to a simmer.

STEP 3 – Add mushrooms and cover the pan with a tight lid. Turn the flame to slow and simmer for 1/2 hour. During this time, they will greatly reduce in size.

STEP 4 – Add salt, sugar, and soy sauce; stir gently. Continue to simmer for 5 minutes.

STEP 5 – Add thyme. Thicken with cornstarch/water mixture, stirring in a little bit at a time.