

LOVE THY CARROT

real food made with love

. . .

PORTOBELLO MUSHROOMS AU POIVRE

This recipe makes 4 servings

INGREDIENTS

5 - 6 large portobello mushrooms, stems and gills removed with a spoon, (see Cooks Notes below)
¼ cup olive oil
2 tsp black pepper, coarsely ground
4 tbsp unsalted butter
3 garlic cloves, minced
1/4 tsp salt
1 shallot, finely chopped
¼ cup Cognac or Brandy
¾ cup whipping cream, (heavy cream)
1/2 - 3/4 cup low-sodium vegetable broth, (as needed)
1 tablespoon Dijon mustard
fresh thyme, a few sprigs or 1 sprig of fresh rosemary

DIRECTIONS

1. Remove gills from the mushrooms, (see Cooks Notes below), and lightly brush both sides with olive oil and sprinkle with the black pepper. It may seem a lot of pepper but you are making mushrooms in a peppercorn sauce. I like to use a cast-iron pan, but any heavy pan will work. Heat pan over medium-high then add the mushrooms to the pan gill side up. Cook for 4 to 5 minutes, then flip over and continue to cook for 2 minutes more.
2. Reduce heat and with the mushrooms gill side up add the 3 tablespoons of the butter. Once butter has melted add the garlic and season with salt. Baste the mushrooms with the butter and continue cooking for about 3 minutes. Transfer the mushrooms to a plate and set aside.

3. To the hot pan add the remaining butter, shallots and stir until soft. Cook shallots for 2 to 3 minutes or until translucent. Add in the broth and simmer for about 3 minutes. Off the heat carefully add the Cognac. Put pan back over the heat and add the cream and mustard and stir to combine. Then add in the thyme or rosemary.

4. Return the mushrooms to the pan, (and any accumulated juices from the mushrooms) and cook until the cream is thickened. If too thick you can add more broth. Taste the sauce and add more salt or pepper if needed.

C O O K S N O T E S

Portobello mushrooms have particularly dark gills, which can cause any dish they're used in to turn dark. To remove the gills, use a paring knife to trim out the stem, and then scrape off the gills using the edge of a spoon.

You can substitute brandy, whiskey or sherry for the Cognac.

You can make ahead but note that the mushrooms will soak up some of the liquid so have extra broth on hand.

If you are not making this recipe vegetarian you can use a low-sodium beef broth.

You can use this sauce on top of baked tofu or roasted veggies.