

BC MUSHROOM DUXELLES



Yields:

4 - 1/2 cup (125 ml) serving



INGREDIENTS

2 tbsp	Canola Oil	30ml
1/4 cup	Shallot, minced	125 g
2	Garlic Cloves, minced	2
6 1/2 cups	Mushrooms, minced	500 g
10 sprigs	Thyme, fresh	10 sprigs
to taste	Kosher Salt & Pepper	to taste

DIRECTIONS

1. Heat the oil in a frying pan over medium high heat.
2. Add the minced shallot and garlic and sauté until soft.
3. Add the mushrooms, salt and pepper. Continue to sauté until the water in the mushrooms is released.
4. Add the fresh thyme. Reduce the heat and simmer the mixture until no liquid remains. The texture will be thick like a paste.
5. Adjust seasonings.
6. Serve immediately or keep covered in the refrigerator for 3 days.



CHEF'S TIP

Duxelles is an amazing accompaniment to nearly everything. Add it to a Beef or Vegetarian Wellington, stuff it into chicken breast or on a piece of toast with goat cheese.

BC AG FACT

Mushrooms are grown in a specialized compost in environmentally controlled barns. The most common mushroom grown in BC is the Agaricus mushroom, which comes in 2 colours; white (button) and brown (crimini and portabella).