

BC Mushroom Duxelles

FRESH TO YOU FUNDRAISER



Makes 4 servings

1/2 cup (125 ml) serving



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).



BC Mushroom Duxelles

Mushroom Duxelles is a finely chopped mixture of mushrooms, onions or shallots, and herbs cooked down to a thick and flavourful paste.

Ingredients:

2 tbsp	Canola Oil	30 ml
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
	Kosher Salt and Pepper, to taste	

Preparation:

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.