

Red Wine Mushroom Sauce (2 Ways)



Sirve:

Approximately 2 cups of sauce; 6 servings

Pieza:

Saladmaster Food Processor
10" Chef's Gourmet Skillet

Valora: ☆☆☆☆☆

Contribuido por:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
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Descripción de la Receta:

Red wine and mushrooms pair together to make the perfect sauce for grilled steak or roasted chicken. Add in some creamy and tangy soft goat cheese and pair it with pasta or grilled vegetables.

Use the 11 in. Skillet cover with your 10 in. Chef's Gourmet Skillet.

2 cloves fresh garlic, shredded, use Cone #1
2 tablespoons
shallots, finely minced
(20
g)
12 ounces
cremini mushrooms, cleaned and sliced, use Cone #4
(340
g)
1 teaspoon
dried thyme leaves
(2
g)
1 pinch
of natural salt
1 cup
beef or chicken stock
(240
ml)
½ cup
red wine, dry
(120
ml)
½ teaspoon
natural salt
(3
g)
fresh ground pepper, to taste
1 tablespoon

extra-virgin olive oil
(15
ml)
2 tablespoons
fresh parsley, chopped
(8
g)

Preparación :

1. Preheat skillet over medium heat for 7 - 9 minutes. When several drops of water sprinkled in skillet skitter and dissipate, add garlic and shallots. Sauté for 1 minute, stirring constantly to prevent burning.
2. Add mushrooms, thyme and a pinch of salt, stirring to combine. The mushrooms will quickly start to release moisture. Continue sautéing mushrooms gently for a few minutes, stirring up bits of browned shallots from the bottom of the skillet. Cook for 8 - 12 minutes, until mushrooms are browned.
3. Add stock and red wine. Continue cooking for 8 - 10 minutes or until liquid is reduced by half. Season with additional salt, fresh ground pepper, olive oil and fresh chopped parsley.

Creamy Sauce Variation

1. Use chicken stock or vegetable stock.
2. Omit olive oil and add in 3 ounces (85g) of soft Chèvre style goat cheese at the end of cooking. Stir into the sauce until cheese incorporates with mushrooms and liquid.
3. Add in additional herbs, if desired. Fresh chopped basil goes well with this sauce.
4. Serve sauce tossed with bowtie noodles.

Consejos:

- Replace thyme for rosemary.
- Store sauce in refrigerator for 3 - 4 days.

Información nutricional por ración

Calorías: 57
Grasa Total: 3g
Grasa 0g
Saturada:
Colesterol: 0mg
Sodio: 396mg
Carbohidratos: 4g
Fibra 1g
Dietética:
Azúcar: 2g
Proteína: 3g

Creamy Sauce Variation

Calorías: 75
Grasa: 3g
Grasa 2g
Saturada:
Colesterol: 7mg
Sodio: 469mg
Carbohidrato: 4g
Fibra: 1g
Azúcar: 2g
Proteína: 5g