

Polish Mushroom Sauce



Sirve:

8

Pieza:

3 Qt. Ultimate Culinaire with Cover (Limited Edition)
Saladmaster Food Processor

Valora: ☆☆☆☆☆

Contribuido por:

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Descripción de la Receta:

Mushrooms, wild and cultivated are a staple ingredients in Polish cuisine. Dried wild mushrooms add a delicious flavor to this simple sauce. Pair mushroom sauce with pan-seared pork chops, over stuffed cabbage rolls, with egg noodles or over grilled chicken.

1 oz
porcini mushrooms, dry or other wild mushrooms
(28 g)
1 cup
onions, grated, use Cone #2
(160 g)
2 garlic gloves, shredded, use Cone #1
8 oz
mushrooms, fresh, crimini, shitake, or other, cleaned, diced
(226 g)
3 tbsp
flour, all purpose
(7 3/4 g)
1 1/2 cup
chicken or vegetable stock
(356 1/2 ml)
1/2 tsp
natural salt (optional)
(3 g)
2 tbsp
dill, fresh, chopped
(6 g)
1/2 cup

sour cream, low fat
(121
g)

Preparación :

1. Place dried porcini in a small bowl, pour boiling water over mushrooms to cover and steep mushrooms for 20-30 minutes until they are softened. Carefully remove mushrooms from steeping liquid with slotted spoon and set aside.
2. Strain and reserve steeping liquid.
3. Preheat Ultimate Culinaira for 7-9 minutes until a sprinkle of water skitters and dissipates.
4. Sauté onions for 3-4 minutes until they are softened, add garlic, porcini mushrooms and fresh mushrooms, sauté for 5-6 minutes until mushrooms are softened and they have released liquids.
5. Sprinkle mushrooms with flour and stir to combine and coat mushrooms, cook for 1-2 minutes.
6. Add 1 cup or reserved mushroom liquid and chicken stock, stir to combine.
7. Cover and cook for 10 minutes.
8. Remove lid and cook for 5 minutes longer, until sauce begins to thicken, turn off heat, add fresh dill and slowly add sour cream (right before serving)
9. Taste and add fresh ground pepper and salt as needed. (optional)

Consejos:

- Substitute Dill for marjoram and thyme.
- Substitute low fat sour cream for low fat Greek style yogurt.

Información nutricional por ración

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Calorías:	67
Grasa Total:	2g
Grasa	1g
Saturada:	
Colesterol:	7mg
Sodio:	72mg
Carbohidratos:	7g
Fibra	1g
Dietética:	
Azúcar:	2g
Proteína:	3g