

Marinated/Grilled Portobello Mushrooms

Here comes another great summer grilling option. The salty and acidic marinade with fresh basil really enhances the umami of these grilled mushrooms. The mustard greens served over bulgur create interest and play well with other flavors on the dinner plate. Fresh plums and nectarines finish the plate.

Marinate mushrooms early in the day for at least 2 hours.

Preparation time: 2-1/2 hours (includes marinating time) - Servings: 2

Prep Your Ingredients!

Basic Ingredients

Organize and prep ingredients before you begin cooking. Prep 2 cloves of chopped garlic: 1 clove for the marinade and 1 for the greens. There are two separate preps for the onion: 2 T. finely-chopped for the marinade and 1/2 C. sliced and quartered for the greens.

Marinade/Mushrooms

Marinade:

2 tsp. olive oil
1 large clove garlic (smashed and chopped)
2 T onion (finely-chopped)
1/4 C. white wine
1/2 tsp. Dijon mustard
1 T. balsamic vinegar
1/4 C. low-sodium vegetable broth
1 tsp. low-sodium soy sauce
3 T. chopped fresh basil leaves

Grilled Mushrooms:

marinade (from above)
2 large Portobello mushrooms
2 tsp. olive oil

Bulgur

1 C. bulgur
combined with
2 C. water

Sautéed Mustard Greens

1/2 C. low-sodium vegetable broth
1 T. balsamic vinegar
1 tsp. molasses
1 T. chili powder
1 tsp. low-sodium soy sauce

1 clove garlic (smashed and chopped)
1/2 C. yellow onion (sliced into 1/4" thick rounds /quartered)

1 bunch mustard greens (washed, stems and leaves chopped separately)

2/3 C. golden bell pepper (seeded and cut into strips)
2 large purple plums (chopped)

Remaining Items and Garnish

Garnish:

1 large tomato (chopped)
6 tsp. crumbled Gorgonzola cheese

1 nectarine (pitted and quartered)

Let's Prep, Cook, and Plate This!

Basic Assembly Instructions

Be sure to start marinating mushrooms early in the day. Put the bulgur on to cook about 30 minutes before you wish to dine. Bring the bulgur and water to a hard boil, turn off heat, cover the pan and let stand until ready to dine.

Marinade

1. Combine ingredients and place in a 9"X9" glass baking dish.
2. Microwave 2-1/2 minutes on high. Let cool and place washed mushrooms (dome top up) in marinade.
3. In 1 hour, turn the mushrooms and spoon marinade over the fan-like underside. Let stand another hour. Turn out onto a plate, fan-side-down, and let drain a bit before grilling.

Preheat Oven or Grill to 400°.

Sautéed Mustard Greens

(If you've got a helper, grill the mushrooms at the same time you cook the greens.)

1. Bring, veggie broth, vinegar, molasses, chili powder and soy sauce to a boil in a deep sauté pan or kettle.
2. Add garlic, onion and chopped stems to boiling liquid.
3. Cook 8 minutes over medium-high heat.
4. Add peppers and toss another 2 minutes.
5. Add chopped leaves and toss 2 minutes.

Mushrooms

Oil griddle or grill with olive oil. Place mushrooms directly on griddle or grill, cover, and cook 5 minutes per side.

If Grilling: After grilling, move to a cooler part of the grill for another 3-4 minutes per side.

If using a stovetop griddle: Transfer mushrooms to the preheated 400° oven for about 8 minutes.

Plate and Garnish

1. Place a grilled mushroom in the center of each dinner plate and make a half circle of bulgur around the mushroom.
2. Top bulgur with greens.
3. Garnish each serving of mushroom and greens with chopped tomato and 3 tsp. Gorgonzola. Fan chopped plums over greens and finish plates with nectarine quarters.

Let us know what you think or ask any questions you may have. chezdon@plate6.com