



CROCK POT CREAMY HERBED MUSHROOMS

Chef@Market: Maggie Haren

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Crockpots are invaluable tools for busy people and under-utilized. (Our **Pampered Chef** Vendor has crock pots!) You can make anything from a whole chicken dinner to a simple side dish. Even if you aren't busy, a crock pot can make things really easy to get something done with a minimum of effort! While we feel the squeeze of space at the market for a Chef's Kitchen Table, we'll share recipes for some crock pot creations that you can use and enjoy any time of the year!! I'm a BIG mushroom lover and now that we have a mushroom vendor with **The Bay Mushrooms** you can treat yourself to these little gems. They have a selection of mushrooms that you will not find at most local grocery stores. Try these to serve with your next roast beef or roasted chicken dinner!

16 – 24 oz.	white button, cremini or shitake mushrooms
2 cloves	fresh garlic (or to taste)
½ tsp	dried basil
½ tsp	dried oregano
¼ - ½ tsp	dried thyme
1 each	bay leaf
1 cup	vegetable or chicken broth
½ - 1 tsp	salt and pepper to taste
¼ cup	half and half or whole cream
2 Tbs	butter
2 Tbs	chopped fresh parsley

1-2 hours on high OR 3-4 hours on low



Clean the mushrooms. If they are really dirty, rinse them in sieve and quickly drain them thorough. Place them on some paper toweling to dry them off. Otherwise, just use a pastry brush or a paper towel to brush of excess dirt. (Whatever might be left on them will not hurt you. In general, mushrooms are grown in a medium that is basically sterilized compost.) Place the first 7 ingredients in the crock pot. All of the seasonings can be adjusted to taste or substitute your favorite herbs. Cook for **1-2 hours on high** or **3-4 hours on low**.

Now it's off to the gym or grocery shopping while they cook!

After cooking time, add the salt, pepper, half and half, butter and parsley and cook for an additional 15 – 20 minutes and stir 2 – 3 times during this last 15 minutes. Serve with your favorite roast chicken or grilled steak dish, or as a topping for your mashed potatoes.

Maggie's Notes for More Mushroom Ideas:

- Add a handful of grated parmesan at the end for extra rich sauce.
- If you are a garlic lover, add 1 or 2 extra cloves of garlic.
- If you want a thicker sauce, leave cooking for an additional 15 – 20 minutes or more, stirring every 5 – 10 minutes.
- When these mushrooms are finished, add another 2 cups of vegetable or chicken or beef broth. Remove half of the mushrooms and slice them thinly, set aside for a moment. Put the rest into a blender and puree until smooth, adding the sliced mushroom back to make a delicious mushrooms soup. Season to taste.