



## MUSHROOMS IN TARRAGON BECHEMEL SAUCE

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**M**ushrooms done in a tarragon cream sauce are perfect served with steak, chicken, pork or shrimp. The sauce is the perfect accompaniment as a side dish or a garnish. It has been said that Oyster Mushrooms have many health benefits and more are still being researched. Five known at this time are: lower cholesterol levels, alleviate inflammation, packed with antioxidants, may block cancer growth, and boost brain health. Today we are combining white button mushrooms with Oyster mushrooms from **BAY MUSHROOMS**.

12 oz White button mushrooms, sliced  
1 box Oyster Mushrooms from **Bay Mushrooms** – sliced  
2 tablespoons Butter or olive oil

Béchamel Sauce:

1 tablespoon Flour  
1 tablespoon Butter or olive oil  
1 teaspoon Dried Tarragon  
½ cup Warm water  
½ cup Half and half or heavy cream (or non fat milk)  
½ teaspoon Salt or Chicken base paste  
2 each scallions, sliced for garnish - optional



- ✚ In a large skillet on medium high heat, heat the butter and add the sliced mushrooms. Sauté until most of the liquid has cooked out of the skillet – about 3 – 4 minutes. Remove to a plate.
- ✚ In the same skillet, add the 1 tablespoon of butter or olive oil and the flour to the skillet. Stir constantly until the flour becomes foamy in the oil, taking care not to burn it. A light golden color is fine. Add the dried tarragon and stir for about 20 seconds.
- ✚ Add the salt or chicken base to the liquid, and add the liquid while constantly stirring with a whisk to avoid lumps. As the liquid gets hot it will begin to thicken. Full thickness is achieved at boiling. Add a bit more liquid if it's too thick. When it reaches thickness return the cooked mushrooms to the sauce and adjust thickness by adding more liquid, or cooking it down a bit. Taste and adjust salt to taste.

### **Maggie's Recipe Tips/ Suggestions:**

- *This recipe will work just as well with any combination of mushrooms – although I might avoid Shitake as they have a pretty strong flavor that may not go well with the tarragon.*
- *Spoon a large spoonful of this sauce onto a plate of your favorite pasta!*
- *Basil or Thyme would be good alternatives for those who don't care for tarragon.*
- *Sauté Oyster mushrooms and add them to your scrambled eggs.*
- *Sliver some oyster mushrooms to sauté with scallions, then use them to make a stuffing for some giant stuffed mushrooms.*
- *Google more recipes for Oyster mushrooms. They can be prepared in many different ways!*

Find all of our Market Recipes at the Ocean Pines Website:

<http://oceanpines.org/forms-docs-cat/farmers-market-recipes/>