

Roast Stuffed Portobello Mushroom

Recipe By : UCLA Lake Arrowhead Lodge
Serving Size : 8
Categories : Vegetarian

Amount	Measure	Ingredient	Preparation
8	each	Portobello Mushroom, large 5-6" round	
3/4	cup	Grilled Asparagus, diced 1/4"	
3/4	cup	Grilled Red Peppers, diced 1/4"	
3/4	cup	Grilled Carrots, diced 1/4"	
3/4	cup	Grilled Zucchini, diced 1/4"	
3/4	cup	Grilled Yellow Squash, diced 1/4"	
1	cup	Ricotta Cheese	
1	cup	Parmesan Cheese, shredded	
1	each	Egg, Large	
		Basic Balsamic Reduction	
2	ounces	Shallots, minced	
2	ounces	Garlic, minced	
1	ounce	Olive Oil	
2	cups	Balsamic Vinegar	
3/4	pound	Sugar	
	taste	Salt & Pepper	

Stuffed Mushroom Procedure:

1. Remove stem from mushrooms, and carefully remove dark gills from the underside with a table spoon.
2. Lightly oil and season mushroom with salt and pepper, then roast in 350-degree oven for 12-15 minutes until fully cooked.
3. Remove mushrooms from the oven and allow them to cool.
4. Cut squash and carrot into 1/2" thick long planks. Red Pepper can be sliced into 4-5 sides. Trim off woody end portion off of asparagus.
5. Lightly oil and season vegetables with salt & pepper, then char-grill vegetables over high heat until they are well browned and tender.
6. Allow vegetables to cool completely, then dice into 1/4" square pieces.
7. Mix gilled vegetables with ricotta, parmesan and egg mixture.
8. Carefully stuff and mound the portobello mushrooms with vegetable and cheese mixture. Allow mushrooms to set in refrigerator until ready to bake.
9. Bake mushrooms in 350-degree oven on a baking sheet until the internal temperature has reached 140-degrees and the mushroom stuffing is golden brown. Approximately 15-20 minutes.
10. Place mushrooms onto a serving plate or platter and gently lace mushrooms with the balsamic glaze and serve.

Basic Balsamic Glaze:

1. In a skillet over medium high heat, add oil, shallots and garlic and quickly saute while stirring often until golden brown..
2. Lower heat and next stir in balsamic vinegar and granulated sugar and bring to a simmer.
3. Reduce mixture by half. Strain glaze through fine mesh strainer.
4. Pour into squirt bottle and cool in refrigerator until needed.
5. Upon using allow glaze to come up to room temperature then garnish by gently squirting and lacing the glaze over finished stuffed mushrooms.

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Serving Ideas : Quinoa can be use instead of ricotta for vegan version.

Notes : Recipe Yields 1 stuffed portobello mushroom per portion.

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