



Discover Portobello

THE ORGANIC BOX NEWS

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This week we have Portobello mushrooms for everyone! This variety is actually a full-grown Crimini Brown mushroom and is an excellent substitute for meat in your favourite dishes.

No one is really sure where the name *Portobello* originates; in Italy, the mushroom is called *cappellone*, which means 'big hat'. A popular theory is based on the Portobello Market in Notting Hill, London, where it may have been first sold in England by local mushroom farmers.

Portobello Mushroom Eggs Benedict

- 4 de-gilled Portobello mushroom caps
- spinach
- clove of garlic
- olive oil
- nutmeg
- 1 tsp fresh lemon juice
- 1 tsp lemon zest
- 4 poached eggs
- grated mozzarella and parmesan cheese
- marinara sauce

Preheat your oven to 400 degrees. Put the mushrooms on an oiled or sprayed baking sheet and bake until they are tender – it should take about 10-12 minutes.

In a small pan, heat a tbsp or two of olive oil over medium high heat. Add garlic and spinach and cook for 3 to 5 minutes. Make sure you toss the mix quite a bit and cook it just until it's wilted.

When the spinach is cooked, add lemon juice, zest and nutmeg and toss to mix it up. Then divide the mixture equally and spoon it into the roasted Portobello mushroom caps.

Top the spinach with a poached egg, some marinara sauce and then broil with some grated mozzarella and parmesan cheese on top.

<http://www.wildsau.ca/2011/06/04/portobello-mushroom-eggs-benedict/>

Portobello mushrooms with red pepper mayonnaise

- 2 large Portobello mushroom caps
- 2 slices of red onion (cut to resemble rings)
- 1 tbsp olive oil
- dash of salt and pepper
- 2 slices provolone cheese
- 2 hamburger buns
- 1/2 red pepper, diced
- 4 tbsp mayonnaise
- handful of mixed greens

Remove stems and gills from mushrooms; gently rinse caps under the tap and dry using paper towel. Brush mushrooms and onion with oil; sprinkle with salt and pepper.



Place mushrooms, onion and red pepper on a baking pan lined with parchment paper. Put in oven set to its highest temperature – the broil/grill heat level. Let "grill" for 7 minutes, or until mushrooms start to darken and water is released.

Meanwhile, make the red pepper mayonnaise. Remove the semi-roasted red peppers from the baking pan and add to a blender, pulsing with mayonnaise until combined. Scrape into dish.

Once the mushrooms are cooked, remove pan from oven and place a slice of provolone cheese on top of each mushroom cap. Add halved buns to the baking pan and put back in the oven for another minute, or until cheese starts to melt and buns turn brown and crispy.

Assemble your burger: Put a generous layer of red pepper mayonnaise on the base of the bun. Add mixed greens, mushroom cap with cheese, red onion rings and another layer of mayonnaise.

Makes two servings.

<http://hilarymakes.com/2011/07/12/portobello-mushroom-burgers-with-provolone-cheese-and-red-pepper-mayonnaise/>