

## WHAT TO COOK DURING A SNOW STORM!

### **Mushrooms Bourguignon**

**My Favorite Snow Storm Dinner is mostly hands-off. Serve savory Mushrooms in wine over crostini, polenta, potatoes or pasta. Bonus! This dish is LOW CARB when served over roasted vegetables like cauliflower, broccoli or peppers.**

- $\frac{2}{3}$  cup extra virgin olive oil
- 1 small leek, sliced
- 2 large shallots, minced
- 6 garlic cloves, minced
- 3 medium carrots, diced
- 2 celery ribs, diced
- 3 tablespoons tomato paste
- 2 tablespoons all-purpose flour (or potato starch)
- 1 (750 ml.) bottle of red wine (I use Pinot Noir)
- 2 cups vegetable stock or water
- 2 ounces dried porcini mushrooms
- Several sprigs of fresh thyme, parsley, rosemary
- 2 pounds assorted mushrooms (I use cremini, shiitake, button, oyster, royal trumpets, and chanterelle)

- 1 cup pearl onions, can substitute peeled frozen pearl onions
- Sea salt
- Freshly cracked pepper
- Garnishes: chopped flat-leaf parsley, chopped chives, truffle oil
- 1 baguette
- 1 clove garlic, peeled but not cut

1. Preheat oven to 325°F.

2. Heat a large Dutch oven or sauté pan, lightly coated with olive oil, over medium-high heat. Add leeks, shallots, and garlic to pan. Cook mixture until lightly browned.

3. Transfer mixture to a bowl. Using the same pan, increase heat and add more oil, if needed. Sauté carrots and celery until caramelized and browned (be sure to do this in batches and not overload the pan or you will not achieve deep caramelized flavor or color), about 10 minutes per batch.

4. Add 2 tablespoons of olive oil to pan with tomato paste and flour (or potato starch), and cook, stirring constantly, until paste has darkened and is very fragrant (about 2 minutes). Add wine, stock or water, dried mushrooms, and herbs. Reduce heat to a simmer and cook for 45 minutes, until vegetables are soft and liquid has reduced by half.

5. Strain out the vegetables and discard, reserving wine sauce. Return wine sauce to the pan and place over low heat.

6. Coarsely chop mushrooms and in a sauté pan lightly coated with olive oil, sauté mushrooms in batches until slightly browned and crispy on edges and very fragrant. Add to the wine sauce.

7. Blanch pearl onions in boiling water for 2 minutes, or skip this step for peeled frozen onions, and then immediately plunge into ice water (shock) to stop the cooking process (this makes them easy to peel). Peel onions and then sauté in the same pan until lightly browned. Add onions to mushroom mixture.

8. Stir to coat mushrooms and onions with sauce, cover pan, and place in preheated oven. Braise for 1 hour.

9. Cut a baguette into ½-inch thick slices on the bias. Brush each slice with olive oil or butter and place on a parchment-lined baking sheet. Toast crostini until crispy (about 7 minutes).

10. Rub each slice with peeled garlic. Arrange slices on a platter or in individual bowls and spoon mushrooms and sauce over crostini.

Garnish with chopped parsley and a generous drizzle of truffle oil, if using.