

Humboldt Unified School District

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Recipe

Aug 10, 2023

Recipe: 001668 Marinated Mushrooms

Recipe HACCP Process: #2 Same Day Service

Recipe Source:

Recipe Group: VEGETABLES

Alternate Recipe Name:

Number of Portions: 12

Size of Portion: Serving

011260 MUSHROOMS,FRESH.....	16 OZ	Poach Mushrooms: Fill a deep, medium-sized saucepan with 4-5 cups of water. Add the smashed garlic, thyme sprigs and 1 bay leaf. Bring the water to a rapid simmer.
901783 Onions, red, raw.....	1/4 CUP, chopped	Season water with 1/2 teaspoon salt. Add the mushroom caps and return to a gentle simmer. Cover, reducing heat as needed to maintain a gently simmer until the mushrooms are just tender, about 3-5 minutes. Remove pan from heat and drain mushrooms well.
799978 THYME ,FRSH..... 902901 BAY LEAF CRUMBLE D..... 903482 GARLIC,FRESH, MINCED... 799986 SALT, KOSHER..... 902824 OIL OLIVE..... 002068 VINEGAR,RED WINE..... 903665 VINEGAR,WHITE WINE..... 902862 Italian seasoning mix..... 902826 PEPPER BLACK..... 902894 PEPPER RED/CAYENNE..... 011297 PARSLEY,RAW.....	7 TSP, CHOPPED 2 LEAF(s) 4 clove(s) 1/2 TSP 1/4 CUP 2 TBSP 2 TBSP 3/4 TSP 1 dash 1/2 TSP 1 1/2 TSP, chopped	Prepare marinade while mushrooms are poaching: In a large, non-reactive (non metallic) bowl, add the minced garlic, remaining bay leaf, oil, both vinegars, Italian seasoning, 1/4 teaspoon salt, 1/8 teaspoon pepper, red pepper flakes, 1 teaspoon thyme leaves and parsley. Whisk to thoroughly combine.
		Marinate in Fridge: While mushrooms are still warm, add them to the marinade. Gently stir to combine and coat. Taste the marinade and adjust for seasoning if desired. Cover bowl tightly with plastic wrap. Transfer to the refrigerator and allow to marinate for at least 5 minutes (or up to 10 days), stirring the mushrooms occasionally. For best taste, allow the mushrooms to marinate for at least 8 hours.

*Nutrients are based upon 1 Portion Size (Serving)

Calories	53 kcal	Cholesterol	*0.00* mg	Sugars	*0.75* g	Calcium	7.45 mg	79.33%	Calories from Total Fat
Total Fat	4.67 g	Sodium	67.85 mg	Protein	1.31 g	Iron	0.41 mg	11.05%	Calories from Saturated Fat
Saturated Fat	0.65 g	Carbohydrates	2.14 g	Vitamin A	65.81 IU	Water ¹	*43.45* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.57 g	Vitamin C	2.00 mg	Ash ¹	*0.38* g	16.16%	Calories from Carbohydrates
								9.91%	Calories from Protein