GR-272366 · Quick Pickled Mushrooms · 0.25 c · 12 servings

Other Veg: 1/4

Section 1			
Mushrooms, white 16 oz	Garlic, raw 4 cloves	Thyme, fresh 2 1/3 tbsp Vinegar, White Wine 1/2 c	
Spice, bay leaf 2 each	Vinegar, red wine 1/2 c		
Salt, table 3/4 tsp	Spice, italian seasoning 3/4 tsp	Spices, pepper, black 1/8 tsp	
Spices, pepper, red or cayenne 1/2 tsp	Parsley, fresh 1 1/2 tsp	Sugar, Granulated 2 tbsp	
Water, Tap 1 c	Onion, Red, Raw, Chopped 1/4 c		

- 1. Wash mushrooms under cold, running water. Quarter mushrooms into bite sized pieces. Set aside.
- 2. Fill a deep, medium-sized saucepan with 4-5 cups of water. Add 1 clove smashed **garlic**, 6 teaspoons freshly chopped **thyme** springs, 1 **bay leaf**, and 1/4 cup of **each vinegar**. Bring the water to a rapid simmer.
- 3. Add 1/2 teaspoon <u>salt</u> and mushrooms to the water and return to a gentle simmer. Cover, reducing heat as needed to maintain a gentle simmer until the mushrooms are tender, about 3-5 minutes. Remove pan from heat, drain mushrooms well.
- 4. While the mushrooms are poaching, prepare the marinade. In a separate pot, add the remaining minced garlic, remaining bay leaf, **Italian seasoning**, 1/4 teaspoon salt, **black pepper**, **cayenne pepper**, 1 teaspoon freshly chopped thyme, freshly chopped **parsley**, **sugar** and 1 cup **water**. Whisk to thoroughly combine.
- 5. Bring the marinade to a boil until the salt and sugar dissolve. Once dissolved, add the remaining vinegar, remove from heat and set aside.
- 6. Marinate in Fridge: While mushrooms are still warm, add them along with the **chopped red onion** and the marinade to a large non-reactive (non-metal) bowl. Gently stir to combine and coat. Ensure that all mushrooms are covered with the marinade.
- 7. Taste the marinade and adjust seasoning, if desired. Cover bowl tightly with plastic wrap. Transfer to the refrigerator and allow to marinate for at least 5 minutes, stirring the mushrooms occasionally. For best taste, allow the mushrooms to marinate for at least 8 hours.

Recommend to serve pickled mushrooms within 1 day of cooking.

Recipe adapted from Humboldt Unified School District, AZ

Quick Pickled Mushrooms

Nutrition Facts

Servings Per Container 1

Serving Size 0.25 c

Amount Per Serving Calories		24
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 147mg		6%
Total Carbohydrate 5	ğ	2%
Dietary Fiber 1g		4%
Sugars 3g		
Includes 2g Added	Sı	ugars 4%
Protein 1g		2%
Vitamin D: 0% DV	•	Potassium: 3% DV
Calcium: 1% DV	•	Vitamin A: 1% DV

^{*} The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Iron: 5% DV

Vitamin C: 3% DV