



Mushroom Duxelles

1 hour

Hands on

300 g

Portion(s)

2

Difficulty



Method

Duxelles is a finely chopped (minced) mixture of **mushrooms** or **mushroom** stems, onions, shallots and herbs sautéed until it has reduced to a paste. It is a basic preparation used in stuffings and sauces (notably, beef Wellington) or as a garnish.

- Finely chop the mushrooms. Chop them in a blender into small pieces... but do not puree them.
- Transfer to a pot. Add the olive oil and cook over medium to high heat.
- Lower heat and add the salt which will help them release their liquid.
- Saute for 30-45 minutes or until they completely dry out and shrink down to about 1/4 of their previous volume.
- You want your mixture to look like an olive paste when its ready. This process takes over half an hour.
- Finally, add the salt and pepper to taste.
- Your Duxelles is ready! Set it aside until needed.

Ingredients

- 1 kilo fresh mushrooms
- 3 tablespoons olive oil
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per 100 gr.

100 Calories (kcal)	4.0 Total Fat (g)	0.6 Saturated Fat (g)	10.0 Total Carbs (g)
5%	6%	3%	4%
1.0 Sugars (g)	8.3 Protein (g)	2.3 Fibre (g)	0.36 Sodium (g)
1%	17%	9%	6%