

Stewed Wild Mushrooms

with Creamy Goat Cheese Polenta & Fresh Herb Salad

As rain reinvigorates the fields, conditions are becoming perfect for a wide variety of mushrooms. In this dish you'll sauté three different varieties (cremini, oyster and pioppini) and finish them in a goat cheese-infused sauce to highlight their rustic, rich flavor. We're also taking full advantage of the season's leafy herbs with a lightly-seasoned garnish containing parsley, chives and chervil—a fine herb with a delicate flavor similar to aniseed. Served atop hearty polenta, these seasonal favorites make the perfect vegetarian entrée.



Ingredients

- ¾ Cup Polenta
- ¼ Pound Cremini Mushrooms
- ¼ Pound Oyster Mushrooms
- ¼ Pound Pioppini Mushrooms
- 3 Cloves Garlic
- 1 Large Bunch Chervil
- 1 Large Bunch Chives
- 1 Large Bunch Parsley

Knick Knacks

- 4 Ounces Goat Cheese
- 3 Tablespoons Butter

Makes 2 Servings

About 550 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. In a medium pot, heat a **big pinch of salt** and **3 cups of water** to boiling on high. Quarter the cremini mushrooms. Cut the oyster mushrooms into bite-sized pieces. Trim off and discard the root ends of the pioppini mushrooms. Peel and mince the garlic. Pick the parsley and chervil leaves off the stems; discard the stems. Cut the chives into ½-inch pieces. Crumble the goat cheese.

2



Make the goat cheese polenta:

Once the pot of water is boiling, slowly stir in the **polenta**, whisking to break up any clumps. Reduce the heat to low and simmer for exactly 5 minutes, or until thickened. Remove from heat and stir in **half the goat cheese** and **half the butter** until thoroughly combined; season with salt and pepper to taste. Cover and set aside in a warm place.

3



Brown the mushrooms:

While the polenta cooks, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **cremini, oyster and pioppini mushrooms**. Cook, stirring occasionally, 5 to 7 minutes, or until browned; season with salt and pepper.

4



Stew the mushrooms:

Add the **garlic** to the pan of mushrooms. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **remaining goat cheese, remaining butter** and **¼ cup water**. Cook, stirring occasionally, 2 to 4 minutes, or until the liquid is slightly reduced in volume and the mushrooms are coated; season with salt and pepper to taste. Remove from heat.

5



Make the herb salad & plate your dish:

While the mushrooms stew, in a medium bowl, combine the **parsley, chervil** and **chives**. Drizzle with olive oil and toss to coat; season with salt and pepper to taste. Divide the **goat cheese polenta** between 2 bowls. Top with the **stewed mushrooms** and **herb salad**. Enjoy!