

Recipe Template v2

Ingredients

Mushrooms, medium . . . 12 (about 1 lb.)	Parmesan, grated	4 oz.
Gluten-free bread 3-4 slices	Dried oregano	1 tsp.
Sweet Italian sausage 1 lb.	Dried thyme	1/2 tsp.
Shallot, medium 1	MSG	1/2 tsp.
Garlic cloves 4	Salt	3/4 tsp.
White wine OR chicken broth . . . 1/4 cup	Black pepper	1/2 tsp.
Cream cheese, softened 4 oz.	Red pepper flakes	1/4 tsp. (optional)
	Fresh parsley, chopped	2 Tbsp.

Directions

Preheat oven to 375°F — Remove **mushroom** stems and finely chop; set aside in *Small Bowl #1* — Clean **mushroom** caps with damp paper towel — Toast **bread** and process into coarse crumbs; set aside in *Medium Bowl #1* — Dice **shallot** and mince **garlic**; combine in *Small Bowl #2* (aromatics) — Soften **cream cheese** at room temperature; combine with 3 oz. grated **parmesan** in *Medium Bowl #2* (dairy) — Reserve 1 oz. **parmesan** for topping in *Small Bowl #3* — Combine 1 tsp. **oregano**, 1/2 tsp. **thyme**, 1/2 tsp. **MSG**, 3/4 tsp. **salt**, 1/2 tsp. **black pepper**, and 1/4 tsp. **red pepper flakes** in *Small Bowl #4* (seasoning) — Chop **parsley**; set aside in *Small Bowl #5*

1. Place 12 **mushroom caps** gill-side up on a rimmed baking sheet. Bake at 375°F for 10 minutes until moisture is released: caps appear slightly shrunken and darker, visible liquid pools around the caps, and caps feel slightly softened when gently pressed. Pat caps dry with paper towels before filling. Continue baking in 2 minute increments as needed.
2. Toast **gluten-free bread** until golden and crispy throughout, with edges beginning to brown. Process in food processor or crush by hand into coarse crumbs (about 1½ cups). Transfer to *Medium Bowl #1*.
3. In a large skillet, brown 1 lb. **Italian sausage** over medium heat, breaking into small crumbles, until fully cooked, about 8-10 minutes. Sausage is done when no pink remains, edges are crisp and browned, and fat has rendered. Remove sausage with slotted spoon and transfer to *Medium Bowl #3*; set aside. Reserve 2-3 Tbsp. of rendered fat in the skillet, discarding excess.

4. Add 1 medium **shallot** and 4 **garlic cloves** (*Small Bowl #2*) to the skillet and sauté over medium heat until softened and fragrant, about *3-4 minutes*. Shallot should appear translucent and garlic should be aromatic without browning.
5. Add chopped **mushroom stems** (*Small Bowl #1*). Cook, stirring occasionally, until mushroom liquid has evaporated and stems are tender, about *5-7 minutes*. Stems are done when no liquid remains in the pan and they appear browned and slightly shrunken.
6. Add **breadcrumbs** (*Medium Bowl #1*) to the skillet and toast, stirring constantly, for *1-2 minutes* until golden and fragrant. Breadcrumbs should appear evenly golden brown and smell nutty.
7. Add $\frac{1}{4}$ cup **white wine** or **chicken broth** and cook, stirring, until liquid is nearly evaporated, about *2-3 minutes*. The mixture should appear moist but not soupy, with only a thin film of liquid remaining.
8. Remove skillet from heat. Add cooked **sausage** (*Medium Bowl #3*), **cream cheese** and 3 oz. **parmesan** (*Medium Bowl #2*), and 1 tsp. **oregano**, $\frac{1}{2}$ tsp. **thyme**, $\frac{1}{2}$ tsp. **MSG**, $\frac{3}{4}$ tsp. **salt**, $\frac{1}{2}$ tsp. **black pepper**, and $\frac{1}{4}$ tsp. **red pepper flakes** (*Small Bowl #4*). Stir until cream cheese is melted and mixture is well combined. The filling should be uniform with no visible cream cheese chunks. Taste and adjust seasoning—the filling should be well-seasoned.
9. Fill each of the 12 **mushroom caps** generously with the sausage mixture, mounding slightly. Sprinkle reserved 1 oz. **parmesan** (*Small Bowl #3*) evenly over the tops.
10. Bake at 375°F for *20-25 minutes* until mushrooms are tender and tops are golden brown. Mushrooms are done when caps feel tender when pierced with a knife, cheese is bubbly and golden brown, and filling is hot throughout. Continue baking in *2 minute* increments as needed.
11. Garnish with 2 Tbsp. fresh **parsley** (*Small Bowl #5*) and serve hot.

Equipment Required

- Rimmed baking sheet
- 12-inch skillet (oven-safe preferred)
- Food processor or rolling pin (for bread crumbs)
- Slotted spoon
- Small prep bowls (5)
- Medium prep bowls (3)
- Sharp paring knife
- Damp paper towels
- Measuring cups and spoons
- Mixing spoon or spatula

Mise en Place

- Small Bowl #1 — chopped **mushroom stems**
- Small Bowl #2 — aromatics: diced **shallot**, minced **garlic**
- Small Bowl #3 — 1 oz. **parmesan** (topping)
- Small Bowl #4 — seasoning: 1 tsp. **oregano**, $\frac{1}{2}$ tsp. **thyme**, $\frac{1}{2}$ tsp. **MSG**, $\frac{1}{4}$ tsp. **salt**, $\frac{1}{2}$ tsp. **black pepper**, $\frac{1}{4}$ tsp. **red pepper flakes**
- Small Bowl #5 — chopped **parsley** (garnish)
- Medium Bowl #1 — **breadcrumbs** (about $1\frac{1}{2}$ cups)
- Medium Bowl #2 — dairy: softened **cream cheese**, 3 oz. grated **parmesan**
- Medium Bowl #3 — cooked **sausage** (set aside after browning, about 2 cups)
- Soften **cream cheese** at room temperature *30 minutes* before cooking

Ingredient Tips

- Choose **mushrooms** with intact caps, 2-2 $\frac{1}{2}$ inches in diameter
- **Cremini** or **baby bella** mushrooms work well for deeper flavor
- Use quality **Italian sausage** with good fat content (not lean)
- Fresh **parmesan** (Parmigiano-Reggiano) preferred over pre-grated
- **White wine**: dry varieties like Pinot Grigio or Sauvignon Blanc work best
- Any gluten-free **bread** works; day-old bread yields better crumbs

Preparation Tips

- Pre-baking **mushroom** caps prevents watery filling; caps are done when liquid pools appear and caps feel slightly softened
- Pat **mushroom** caps thoroughly dry after pre-baking to prevent soggy filling
- Don't overcrowd **sausage**—brown in batches if needed to ensure even cooking and proper browning
- Rendered **sausage** fat adds flavor; reserve 2-3 Tbsp. for cooking aromatics and bread-crumb
- Toasting **breadcrumbs** in the fat adds richness; they're done when evenly golden and nutty-smelling
- Filling should be generously seasoned—it will mellow when baked, so taste before filling mushrooms
- Mound filling slightly; it will settle during baking, creating a nicely rounded top
- Watch for doneness cues: **mushrooms** are tender when easily pierced, cheese should be bubbly and golden, not just melted

Make Ahead & Storage

- Prep **mushrooms** and make filling up to *24 hours* ahead
- Store filled **mushrooms** covered in refrigerator
- Add extra *5 minutes* baking time if starting from cold
- Leftovers keep *3-4 days* refrigerated
- Reheat at *350°F* for *10-15 minutes*
- Not recommended for freezing (texture suffers)

Serving Suggestions

- Serve immediately while cheese is bubbly
- Excellent as appetizer (serves 4-6) or side dish (serves 3-4)
- Pairs well with roasted meats or grilled steaks
- Drizzle with balsamic glaze for presentation
- Serve alongside arugula salad with lemon vinaigrette
- Can be served room temperature for parties