

RECIPE / MUSHROOM TRIFOLATI

INGREDIENTS

- 500g mushrooms, such as King Oyster, Bay Bolete or Velvet Pioppini
- 1-2 cloves of garlic
- 1 tablespoon chopped parsley
- 3 tablespoons extra virgin olive oil
- 1 small fresh chili or a pinch of dried chili flakes
- Salt
- Pepper



1. When Cleaning The Mushrooms For Your Trifolati, Be Meticulous. Scrape The Stems Clean With A Knife And Wipe The Caps With A Damp Cloth To Remove Any Soil Residue.
2. Cut The Mushrooms Into Coarse Pieces And Finely Chop The Parsley.
3. Pour Three Tablespoons Of Olive Oil Into A Pan And Heat Over Low Heat. Add Garlic And Chili To Taste. Sauté Gently For 2-3 Minutes, Being Careful Not To Burn The Garlic.
4. Increase The Heat To Medium And Add The Mushrooms To The Pan. Cook The Mushrooms Until Done; The Time Will Depend On The Type Of Mushrooms Used, But Allow Them To Develop A Nice Brown Sear.
5. Stir The Mushrooms Regularly And Season With Salt. Remove The Garlic From The Pan.
6. Add The Parsley And Continue To Sauté For An Additional 2-3 Minutes. Serve Immediately, Either As A Side Dish Or With Pasta.