



Roasted Mushrooms






Recipe Rating	
Total Time	75 Minutes
Cooking Time	55 Minutes
Total Labour	20 Minutes
Knife Skills	Basic

Equipment
Chef's knife
Slotted Spoon
Mixing Bowl or Pan

Nutrition Facts	
Valeur nutritive	
Per 1 serv (116g) / par 1 serv (116g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	50
Fat / Lipides 3.5g	6%
Saturated / satures .5g	
+ Trans / trans 0g	3%
Cholesterol / Cholesterol	0mg
Sodium / Sodium	100mg
Carbohydrate / Glucides	4g
Fibre / Fibres 1g	5%
Sugars / Sucres	2g
Protein / Proteines	3g
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	4%
Calcium / Calcium	0%
Iron / Fer	4%

Roasted Mushrooms

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Mushrooms, White, Pre-Sliced or Whole*	2.8 kg	6.2 Lbs	5.6 kg	12.4 Lbs
Olive Oil	90 ml	3 Fl oz	180 ml	6 Fl oz
Rosemary, Fresh or Dried	3 gm	2 tsp	6 gm	1 1/3 Tbsp
Black Pepper	2.5 ml	½ tsp	5 ml	1 tsp
Salt	5 ml	1 tsp	10 ml	2 tsp

Method	
	<p>1. Wash mushrooms thoroughly and pat dry. Stem mushrooms if using whole.</p>
	<p>2. Toss mushrooms with all the seasoning ingredients.</p>
	<p>3. Bulk: Bake in the multigen oven for 55 minutes at 130 °C. Portion into service dishes with a slotted spoon or drain excess fluid from pan and leave in bulk for dining room service. Serve hot or cold. Cold Plating: plate raw as a side dish or on its own. Place on the hot side of the tray prior to service. Serve Hot</p>
<p>*Whole or sliced mushrooms can be used for this recipe.</p>	
<p>Food Accompany: Serve with green beans and mashed potatoes as a side with chicken, beef or fish.</p>	