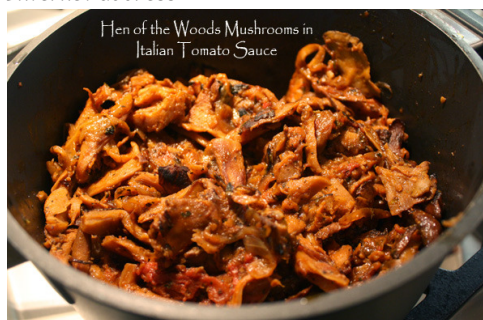


Casali Family Italian Mushrooms

Our friend Joe Casali's family recipe, from his Grandmother Paulina.

Internet address:



7 cups hen-of-the-wood mushrooms, * see instructions below

6 tablespoons olive oil

1 tablespoon fresh garlic, minced

2 medium onions, halved, sliced thinly

1 cup canned tomatoes, Roma variety, crushed by hand, drained (about 5+)

1/4 cup tomato juice, from the canned tomatoes

Salt and freshly ground black pepper to taste

2 cups fresh basil, left whole

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 8

MUSHROOMS: Clean all dirt, bug areas, wormy areas off the base. Soak the mushroom(s) in warm salted water (warm water removes more of the dirt than cold water). Roll the mushroom under water so you remove as much dirt and debris as possible. Drain and refill the tub at least twice, repeating the process. If you're doing many, wear rubber gloves. Gently drain mushroom and dry somewhat with paper towels. Cut mushroom into quarters, then you start pulling the pieces off, including all of the center stem portion. Some of it is cut, and parts are gently pulled to remove small ribbon-like shreds about 3 inches long and 1 inch wide or so. It takes patience.

1. Bring a large pot of water to a boil and add salt. Place mushrooms (already cleaned and sliced) in the water and simmer for about 7-9 minutes. Drain in a colander and set aside.
2. In a very large skillet heat olive oil. Add garlic and saute over low-medium heat (do not burn) until golden. Add onion and continue cooking until onion is golden brown also. Add the mushrooms and cook for about 10 minutes over medium heat. You want the onions to get a dark golden brown.
3. Add canned Roma tomatoes, crushed in your hand (remove center core and discard), and continue cooking over medium heat until the mushrooms are almost brown, another 5-10 minutes. Add 1/4 cup of the canned juices, and even more if the mushrooms start to burn. Taste mushrooms and continue to cook until they're tender. They will never be quite SOFT, but they'll be chewy and cooked through. Season with salt and pepper to taste.
4. Pour mushroom mixture into a colander and drain off the oil.
5. Meanwhile, preheat oven to 200° F. Snip off the stems on all the basil, then place on a large baking sheet and roast for about 7-8 minutes - only until the basil has dried and turned slightly brown. Remove immediately and set aside.
6. Using your hands, crush the basil (it will be almost like dust) between your palms and add all of it to the mushroom mixture and stir until combined. You may serve the mushrooms at this point, or pour them into freezer containers and freeze. Once defrosted, reheat gently over low heat until hot and serve along side grilled meat, poultry, pork, sausages.

Per Serving (excluding unknown items): 127 Calories; 11g Fat (70.6% calories from fat); 2g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 76mg Sodium. Exchanges: 1 1/2 Vegetable; 2 Fat.