

# K's Kitchen: Mushrooms capture the heart and stomach

By Kathryn Reed

I have a feeling I won't find much love Valentine's night. I have my choice of two school board meetings to attend. Not that these boards aren't made up of lovely people, but, well, it's just another second Tuesday of the month for me.



That's why I spent Saturday night making a special meal. I was trying out two new recipes – the entrée and dessert. Entrée is a keeper – and I'm so glad there are leftovers. Dessert – a bomb. Considering the latter came via a relative who when she died the song "The Wicked Witch is Dead" echoed through my head, maybe it was karma.

Ah, but the main dish – it is so scrumptious. I have this thing for mushrooms. The dish is definitely rich. My guess is it is not something kids would like – but that just means more for the adults at the table.

I just wish I had dried some of the wild edibles I found in Lake Tahoe last year. My goodness, they are pricy at the grocery store. Oh, but the dish is so good, so splurge a bit. I didn't find the exact combo of shrooms the recipe called for, but had the right quantity – even a little more because I really, really like mushrooms.

The meal was complemented by a spinach salad that had sliced mushrooms, dried cranberries and almond slivers. This was all lightly coated with a vinaigrette dressing.

The wine for the evening – a 2006 Caymus Cabernet.

The recipe is from the January-February 2012 *Cooking Light* magazine.

### **Mushroom Lasagna**

1 C boiling water

1 ounce dried porcini mushrooms

1 T butter

2 T olive oil, divided

1 $\frac{1}{4}$  C chopped shallots (about 4)

1 8-ounce package presliced cremini mushrooms

1 4-ounce package presliced exotic mushroom blend

1 tsp salt, divided

$\frac{1}{2}$  tsp freshly ground black pepper, divided

1 $\frac{1}{2}$  T chopped fresh thyme

6 garlic cloves, minced and divided

$\frac{1}{2}$  C white wine

1/3 C (3 ounces) 1/3-less-fat cream cheese

2 T chopped fresh chives, divided

1.1 ounces all-purpose flour (about  $\frac{1}{4}$  C)

Cooking spray

9 no-boil lasagna noodles

$\frac{1}{2}$  C (2 ounces) grated Parmigiano-Reggiano cheese

Preheat oven to 350 degrees.

Combine 1 cup boiling water and porcini. Cover and let stand

30 minutes; strain mixture through a cheesecloth-lined sieve over a bowl, reserving liquid and mushrooms.

Melt butter in a large skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add shallot to pan; sauté 3 minutes. Add cremini and exotic mushrooms,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper; sauté 6 minutes or until mushrooms are browned. Add thyme and 3 garlic gloves; sauté 1 minute, stir in wine; bring to a boil. Cook 1 minute or until liquid almost evaporates, scraping pan to loosen brown bits. Remove from heat; stir in cream cheese and 1 tablespoon chives. Add reserved porcini mushrooms.

Heat a saucepan over medium-high heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Add remaining 3 garlic cloves to pan; sauté 30 seconds. Add the reserved porcini liquid,  $2\frac{3}{4}$  cups milk, remaining  $\frac{1}{2}$  teaspoon salt, and remaining  $\frac{1}{4}$  teaspoon pepper; bring to boil. Combine remaining  $\frac{1}{4}$  cup milk and flour in a small bowl; stir with a whisk.

Spoon  $\frac{1}{2}$  cup sauce into 11 x 7-inch glass or ceramic baking dish coated with cooking spray, and top with 3 noodles. Spread half of mushroom mixture over noodles. Repeat layers, ending with remaining sauce. Sprinkle cheese over top. Bake at 350 degrees for 45 minutes or until golden. Top with 1 tablespoon chopped chives.