

K's Kitchen: Yummy sauce to top portabella mushrooms

By Kathryn Reed

As the temps soared last weekend in the Lake Tahoe Basin, it was time for one of my favorite warm weather activities – fire up the barbecue.

While others barbecue year-round, we are definitely fair-weather grillers.



One of my favorite veggies to grill is asparagus. I never get tired of those tasty green stalks.

But then I decided I wanted us to eat the same thing for dinner. Sometimes when Sue is womaning the bbq there is a meat product for her and veggies for me. We started the season with portabella mushrooms for both of our entrées.

To change things up a bit I decided to create a sauce that I would drizzle over the 'shrooms once Sue did her job out back. It's definitely a keeper recipe.

For the asparagus, I just cut off the ends of the stalks – the white part – and laid them on a piece of foil. Then I put small chunks of butter on the pile and drizzled fresh lemon juice on them. Wrap them all up and give them to the barbecuer. I think they are best when the foil is a bit charred. Just before serving, once they are on the plate, I drizzle balsamic vinegar on them.

Below is the recipe for the mushroom concoction. I found all

of the ingredients for it – as well as the mushrooms and asparagus – at Grocery Outlet. So, not only was it a good meal, but inexpensive. And there were leftovers.

The other thing served with this was rice pilaf, which I made from scratch.

Portabellas with Red Pepper-Fontina Sauce (serves 4)

4 portabella mushrooms

Olive oil

12 ounce jar red peppers

$\frac{3}{4}$ ounces of basil, or more

5 cloves garlic

1 shallot

$\frac{1}{4}$ pound Fontina cheese, cut into chunks or grated

Brush mushrooms with paper towel to clean. Then brush each one, both sides, lightly with olive oil. Give them to the person stationed at the grill. Sue says they take about 12 minutes to cook.

In blender, mix peppers, basil, garlic and shallot until pureed.

Transfer mixture to small saucepan. On medium heat gradually add cheese, stirring constantly. (Cheese can burn easily and stick to the bottom of the pan.)

Cook until cheese is melted and mixture is hot.

With mushroom on plate, pour some of the red pepper-cheese mixture over the top of each one in an appetizing manner.