

K's Kitchen: A dish worthy of a fine wine

By Kathryn Reed

Usually I fix something to eat and then decide what wine to have with it. But earlier this month I took the reverse approach.

A friend gave me a bottle of Silver Oak Cabernet to celebrate *Lake Tahoe News* turning 5 in September. I knew I needed the perfect entrée to complement this wine.

On a solo sojourn to Scottsdale I created a stuffed portabella mushroom dish that paired exquisitely with the wine. I realized I was taking a chance by not using a recipe, and instead coming up with the concoction as I shopped. Fortunately, it worked out.

Portabella mushrooms are one of the most hearty vegetarian options to complement a robust red wine. In the vegetable world, it's our steak.



Stuffed Portabella Mushroom

2-3 portabella mushrooms

1 bunch green onions, minced

$\frac{1}{2}$ bunch asparagus, finely chopped

9 mini bell peppers, finely chopped

2 T butter

Fontina cheese, shredded

Vegetable oil

Black pepper

$\frac{1}{2}$ jar roasted red peppers

$\frac{1}{2}$ small jar marinated artichoke hearts

Cut off stems of mushrooms, mince to add to veggie mixture.

Over medium-high heat sauté onion, asparagus and peppers in melted butter. Add pepper to taste. Add chopped mushroom stems. Cook until soft.

Place mushrooms on pan with edges. Brush mushroom with oil. Heat mushrooms for 10 minutes at 350 degrees.

Remove mushrooms from oven.

Divide vegetable mixture evenly into mushroom caps.

Cover veggie mixture with shredded cheese.

Bake at 350 degrees until cheese is melted.

In blender mix roasted red peppers and artichoke hearts.

Put mushrooms on individual plates to serve. Pour pepper-artichoke mixture on mushroom. Serve.

(The leftover pepper-artichoke mixture is superb on scrambled eggs.)