



Baked Crottins with Sauteed Mushrooms

 Vegetarian

READY IN



360 min.

SERVINGS



8

CALORIES



230 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 1 slices bread toasted
- 1 carrots thinly sliced
- 2 celery stalks thinly sliced
- 2 pounds chanterelles mixed fresh white trimmed quartered
- 0.7 cup chicken stock see (see cooks' note, below)
- 1 tablespoon coriander seeds crushed
- 2 sprigs flat parsley with kitchen string

- 2 tablespoons thyme sprigs fresh chopped
- 2 teaspoons garlic clove whole minced peeled
- 2 teaspoons kosher salt
- 1 leek white green thinly sliced (and pale parts only)
- 0.5 cup olive oil extra virgin extra-virgin
- 8 cups the salad mixed
- 0.3 cup shallots finely chopped
- 2.5 tablespoons sherry vinegar
- 1 bay leaves
- 2 tablespoons butter unsalted
- 10 ounce goat cheese at room temperature (small aged goat cheese rounds)

Equipment

- bowl
- frying pan
- paper towels
- oven
- sieve
- baking pan
- colander

Directions

- Heat 1 tablespoon oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté one fourth of mushrooms with 1 tablespoon shallot, 1/2 teaspoon garlic, 1/2 tablespoon butter, 1/2 tablespoon thyme, 1/4 teaspoon kosher salt, and 1/8 teaspoon pepper, stirring, until mushrooms are browned and tender, about 3 minutes.
- Transfer to a shallow baking pan lined with paper towels (you want the flavor of the butter, but not the grease). Wipe out skillet. Sauté remaining mushrooms with seasoning in 3 batches in same manner, wiping out skillet between batches.

- Wash leek in a bowl of cold water, agitating water to loosen any grit, then lift out leek and drain in a sieve.
- Heat 2 tablespoons oil in cleaned 12-inch skillet over moderately low heat until hot, then cook leek, celery, carrot, and remaining teaspoon kosher salt, stirring occasionally, until vegetables soften, about 10 minutes.
- Add whole garlic clove, bay leaf, and coriander seeds and cook, stirring occasionally, until vegetables are very tender, 8 to 10 minutes more. Stir in mushrooms, stock, vinegar, and bouquet garni and simmer 2 minutes.
- Remove from heat and stir in remaining 1/4 cup oil.
- Let stand 5 minutes. Discard bouquet garni, bay leaf, and garlic clove and season with salt and pepper, then transfer mixture to a colander set over a bowl and let drain 3 minutes. Reserve vinaigrette. (You will have about 3/4 cup.)
- Put oven rack in middle position and preheat oven to 350°F.
- Arrange crottins in 1 layer in a 9-inch baking pan and spoon about half of reserved vinaigrette over them.
- Bake crottins, basting with vinaigrette once or twice, until they are slightly softened and bubbling on the bottom, 10 to 15 minutes.
- Toss salad greens with remaining vinaigrette to coat and divide among 8 salad plates.
- Cut crottins in half, then top salad greens with crottin halves and mushrooms.
- *Available at Murray's Cheese Shop (888-692-4339; murrayscheese.com).

Nutrition Facts

PROTEIN 17.65%

FAT 54.75%

CARBS 27.6%

Properties

Glycemic Index:42.31, Glycemic Load:2.05, Inflammation Score:-10, Nutrition Score:18.770869493484%

Flavonoids

Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 230.25kcal (11.51%), Fat: 14.25g (21.92%), Saturated Fat: 7.45g (46.59%), Carbohydrates: 16.16g (5.39%), Net Carbohydrates: 10.48g (3.81%), Sugar: 3.55g (3.94%), Cholesterol: 24.43mg (8.14%), Sodium: 788.2mg (34.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.34g (20.67%), Vitamin A: 2478.4IU (49.57%), Vitamin D: 6.2µg (41.36%), Copper: 0.74mg (37.05%), Iron: 5.87mg (32.61%), Manganese: 0.62mg (31.15%), Vitamin B3: 5.71mg (28.55%), Vitamin B2: 0.45mg (26.28%), Fiber: 5.68g (22.73%), Potassium: 776.97mg (22.2%), Phosphorus: 199.24mg (19.92%), Vitamin C: 15.26mg (18.5%), Vitamin B5: 1.62mg (16.15%), Vitamin B6: 0.27mg (13.28%), Vitamin K: 13.62µg (12.98%), Calcium: 104.4mg (10.44%), Magnesium: 38.42mg (9.6%), Folate: 38.08µg (9.52%), Zinc: 1.42mg (9.48%), Selenium: 5.62µg (8.03%), Vitamin B1: 0.1mg (6.39%), Vitamin E: 0.71mg (4.72%), Vitamin B12: 0.07µg (1.22%)