



Mixed Mushroom Casserole

READY IN



105 min.

SERVINGS



6

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 servings pepper black freshly ground
- 8 ounces chanterelles trimmed cut in half
- 6 ounces cheese cut into small pieces (rind included)
- 8 ounces crimini mushrooms trimmed quartered cut in half or if large
- 1 cup the following: parmesan rind) dried
- 0.5 cup wine dry white
- 1 large eggs lightly beaten
- 4 ounces crusty baguette french cut into 3/4-inch cubes (3 cups)
- 0.8 teaspoon thyme sprigs fresh finely chopped

- 0.5 cup cup heavy whipping cream
- 6 servings kosher salt
- 1 tablespoon olive oil
- 0.3 cup shallots (from 1 medium shallot)
- 3 tablespoons butter unsalted plus more for coating the baking dish
- 2 cups water boiling

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- baking pan
- slotted spoon

Directions

- Heat the oven to 375°F and arrange a rack in the middle. Coat a shallow 2-quart baking dish with butter; set aside.
- Place the porcinis in a medium heatproof bowl.
- Pour the boiling water over them and let the mushrooms sit until softened, about 12 minutes. Meanwhile, spread the bread cubes in an even layer on a baking sheet and bake until light golden brown, about 10 minutes.
- Transfer to a large bowl and set aside.
- Heat the measured butter and oil in a large frying pan over medium-high heat until the butter is foaming.
- Add the chanterelle and cremini mushrooms and cook, stirring rarely, until the mushrooms have released their liquid and are golden brown, about 8 to 10 minutes.
- Add the shallot and thyme, stir to combine, and cook for 1 minute. Using a slotted spoon, transfer the rehydrated porcinis to the pan (be careful not to disturb the gritty sediment at

the bottom of the bowl) and set the mushroom liquid aside. Cook, stirring occasionally, until the shallots have softened, about 1 minute more.

- Add the wine, scrape up any browned bits from the bottom of the pan, and cook until the wine has almost completely evaporated, about 1 to 2 minutes. Taste and season with salt and pepper as needed. Scrape the mushroom mixture into the bowl with the toasted bread cubes (reserve the pan), add the egg, and stir to combine. Measure 1/2 cup of the reserved mushroom liquid, being careful not to include the sediment, and discard the remaining liquid.
- Drizzle the measured liquid into the bowl and stir to combine.
- Transfer the mushroom-bread mixture to the prepared baking dish and spread it into an even layer; set aside. Return the reserved pan to medium-low heat, add the cream, and bring to a simmer.
- Whisking constantly, add the cheese 1 piece at a time, letting each piece melt before adding the next. (If you add the cheese too quickly or stop whisking, the sauce may break. If it does break, sprinkle in cornstarch 1/2 teaspoon at a time and add more cream a splash at a time while whisking until the sauce is bubbling, creamy, and smooth again.) Taste and season with salt and pepper as needed.
- Pour the cheese sauce evenly over the mushrooms and bread.
- Bake until browned and bubbling, about 15 to 20 minutes.
- Serve immediately.

Nutrition Facts

 PROTEIN 13.35%  FAT 64.03%  CARBS 22.62%

Properties

Glycemic Index:36.79, Glycemic Load:7.06, Inflammation Score:-7, Nutrition Score:16.900869483533%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 377.64kcal (18.88%), Fat: 26.42g (40.65%), Saturated Fat: 14.31g (89.42%), Carbohydrates: 21g (7%), Net Carbohydrates: 17.92g (6.52%), Sugar: 4.01g (4.46%), Cholesterol: 96.81mg (32.27%), Sodium: 526.84mg (22.91%), Alcohol: 2.06g (100%), Alcohol %: 0.94% (100%), Protein: 12.39g (24.79%), Selenium: 27.49µg (39.27%), Vitamin B2: 0.6mg (35.07%), Copper: 0.63mg (31.64%), Phosphorus: 270.01mg (27%), Calcium: 263.33mg (26.33%), Vitamin B5: 2.42mg (24.18%), Vitamin B3: 4.59mg (22.93%), Vitamin D: 2.98µg (19.88%), Manganese: 0.39mg (19.47%), Zinc: 2.48mg (16.56%), Potassium: 570.49mg (16.3%), Vitamin A: 808.49IU (16.17%), Iron: 2.69mg (14.93%), Folate: 53.71µg (13.43%), Vitamin B1: 0.19mg (12.7%), Fiber: 3.08g (12.31%), Vitamin B6: 0.22mg (11.01%), Magnesium: 35.7mg (8.92%), Vitamin B12: 0.46µg (7.6%), Vitamin E: 1.05mg (6.97%), Vitamin K: 4.15µg (3.95%), Vitamin C: 1.73mg (2.1%)