



Morels in Cream on Brioche (Morilles à la Crème)

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



516 kcal

SIDE DISH

Ingredients

- ☐ 5 slices challah bread toasted cut into 4 triangles and thin
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 cup heavy cream
- ☐ 1 pound morels fresh dry washed trimmed well
- ☐ 3 tablespoons butter unsalted
- ☐ 4 servings pepper white freshly ground

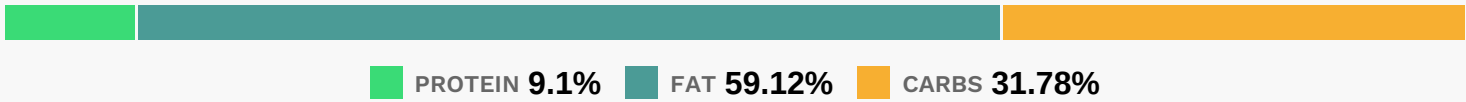
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Heat cream in a small saucepan until hot.
- ☐ Heat butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté morels, stirring frequently, until golden, 6 to 8 minutes.
- ☐ Sprinkle in flour and cook, stirring, 1 minute. Stir in hot cream and reduce heat to low. Gently simmer, covered, stirring once, until morels are tender, 10 to 15 minutes. Season with salt and white pepper.
- ☐ Arrange 5 toasts on each of 4 plates and spoon morels and sauce on top.
- ☐ Serve immediately.
- ☐ You can substitute 1 ounce small dried morels (1 1/3 cups) for the fresh. Soak dried morels in 2 1/2 cups warm water until softened, 10 to 30 minutes. Lift from soaking liquid, then rinse well and pat dry with paper towels.
- ☐ Pour soaking liquid through a paper-towel-lined sieve into a bowl.
- ☐ Add 1/2 cup soaking liquid to cream when heating (dried morels absorb more liquid than fresh).

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:1.87, Inflammation Score:-7, Nutrition Score:24.472608729549%

Nutrients (% of daily need)

Calories: 515.62kcal (25.78%), Fat: 34.68g (53.35%), Saturated Fat: 20.22g (126.38%), Carbohydrates: 41.95g (13.98%), Net Carbohydrates: 36.68g (13.34%), Sugar: 3.61g (4.01%), Cholesterol: 123.6mg (41.2%), Sodium: 292.92mg (12.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.01g (24.03%), Iron: 16.26mg (90.34%),

Manganese: 1.1mg (54.83%), Vitamin D: 7.16µg (47.72%), Copper: 0.85mg (42.26%), Vitamin B2: 0.65mg (38.15%), Selenium: 25.02µg (35.75%), Phosphorus: 332.79mg (33.28%), Vitamin B3: 5.92mg (29.62%), Vitamin B1: 0.4mg (26.4%), Vitamin A: 1276.83IU (25.54%), Folate: 86.09µg (21.52%), Fiber: 5.27g (21.09%), Zinc: 3.01mg (20.09%), Potassium: 604.77mg (17.28%), Calcium: 157.74mg (15.77%), Vitamin B6: 0.22mg (11.03%), Magnesium: 40.72mg (10.18%), Vitamin B5: 0.86mg (8.57%), Vitamin E: 0.96mg (6.43%), Vitamin K: 3.24µg (3.09%), Vitamin B12: 0.18µg (2.99%)