



Sauteed Wild Mushrooms over Creamy Cheesy Polenta

READY IN

ready

110 min.

SERVINGS

servings

4

CALORIES

calories

1394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 ounces chicken stock see
- ☐ 0.1 cup chile peppers minced
- ☐ 3 tablespoons chili sauce
- ☐ 2 tablespoons chives minced for garnish
- ☐ 1 cup fontina grated
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 2 sprigs rosemary fresh

- ☐ 1 tablespoon garlic chopped
- ☐ 2 tablespoons ginger minced
- ☐ 0.5 pint heavy cream
- ☐ 0.1 cup honey
- ☐ 1.5 pounds shrimp with heads on 18 shrimp
- ☐ 0.3 cup juice of lime
- ☐ 3 tablespoons olive oil
- ☐ 4 tablespoons olive oil
- ☐ 0.3 cup orange liqueur recommended Grand Marnier
- ☐ 2 tablespoons orange zest
- ☐ 0.3 cup oregano leaves fresh chopped
- ☐ 1 cup oyster mushrooms cut in 1/2
- ☐ 0.3 cup parmesan grated
- ☐ 0.3 cup parsley leaves chopped for garnish
- ☐ 16 ounces polenta instant
- ☐ 1 pinch pepper flakes red crushed
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 cup scallions chopped for garnish
- ☐ 1 tablespoon shallots chopped
- ☐ 1 cup mushroom caps stemmed cut in 1/2
- ☐ 0.3 soya sauce
- ☐ 0.5 cup onion sweet chopped
- ☐ 0.5 cup white wine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill

- ☐ kitchen scissors

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the olive oil in a saucepan over medium-high. When the olive oil is hot add 2 sprigs of rosemary and cook for 2 minutes.
- ☐ Remove the rosemary and add the shallots.
- ☐ Cook the shallots until translucent, about 4 minutes, then add the mushrooms and saute until they release their liquid, about 8 minutes. Stir in the white wine bring to a simmer about 3 minutes.
- ☐ Add 1/2 teaspoon of salt and 1/4 teaspoon of black pepper and simmer for 3 minutes. Stir in a pinch of red pepper flakes.
- ☐ Transfer the mushrooms to a serving bowl and garnish with chopped parsley.
- ☐ Heat the olive oil in saucepan over medium-high heat. When the oil is hot add the onions and saute for 5 minutes.
- ☐ Add the chopped garlic and cook for 3 minutes. Stir in the chicken stock and bring to boil, then add the oregano and basil. Slowly pour in the polenta and stir constantly until the polenta thickens. Stir in the heavy cream and fontina and mix until you have a smooth and creamy texture. Season with salt and pepper, to taste.
- ☐ Transfer the polenta to a serving dish and garnish with Parmesan and chives.
- ☐ Combine all of the marinade ingredients in a large bowl.
- ☐ Devein the shrimp by cutting down the back with scissors and removing the vein. Leave the shrimp in the shell. Use your fingers to separate the shell from sides of the shrimp and add them to the marinade. Set aside to marinate for 1 hour. Set the grill temperature for medium-high and let it heat up.
- ☐ Put the shrimp on the grill and cook 2 to 3 minutes on each side. Reduce the remaining marinade on a side burner in a small pan.
- ☐ Remove the shrimp to a platter.
- ☐ Drizzle with the reduced marinade and garnish with scallions.

Nutrition Facts



Properties

Glycemic Index:143.57, Glycemic Load:6.49, Inflammation Score:-10, Nutrition Score:38.447826136713%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 1394.24kcal (69.71%), Fat: 63.45g (97.61%), Saturated Fat: 25.53g (159.58%), Carbohydrates: 131.48g (43.83%), Net Carbohydrates: 124.76g (45.37%), Sugar: 25.69g (28.55%), Cholesterol: 390.03mg (130.01%), Sodium: 1084.42mg (47.15%), Alcohol: 6.93g (100%), Alcohol %: 1.03% (100%), Caffeine: 3.84mg (1.28%), Protein: 65.99g (131.99%), Vitamin K: 162.33µg (154.6%), Phosphorus: 832.3mg (83.23%), Copper: 1.14mg (57.01%), Selenium: 37.05µg (52.93%), Calcium: 508.13mg (50.81%), Vitamin A: 2450.95IU (49.02%), Vitamin B3: 9.04mg (45.22%), Potassium: 1470.19mg (42.01%), Vitamin B2: 0.71mg (41.5%), Magnesium: 154.11mg (38.53%), Zinc: 5.68mg (37.88%), Vitamin C: 30.47mg (36.93%), Vitamin B6: 0.73mg (36.73%), Vitamin E: 5.24mg (34.93%), Manganese: 0.69mg (34.51%), Iron: 5.52mg (30.67%), Fiber: 6.73g (26.9%), Vitamin B1: 0.34mg (22.65%), Vitamin B5: 2.18mg (21.76%), Folate: 74.63µg (18.66%), Vitamin B12: 0.72µg (12.07%), Vitamin D: 1.55µg (10.35%)