



WHATSheATE



## Sourdough, Wild Mushroom, and Bacon Dressing

READY IN



45 min.

SERVINGS



8

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.8 pound bacon cut into 1/2-inch dice
- ☐ 4 tablespoons canola oil
- ☐ 4 cups chicken stock see homemade as needed store-bought
- ☐ 1 pound cremini mushrooms thinly sliced
- ☐ 2 large eggs
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 2 tablespoons sage fresh finely chopped
- ☐ 2 tablespoons thyme leaves fresh finely chopped

- ☐ 5 cloves garlic finely chopped
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 large onion diced spanish finely
- ☐ 0.5 pound oyster mushrooms coarsely chopped
- ☐ 0.5 pound mushroom caps stemmed coarsely chopped
- ☐ 1.3 pounds sourdough bread trimmed cut into 1/2-inch cubes ( 12 cups)
- ☐ 8 servings butter unsalted for the baking dish

## Equipment

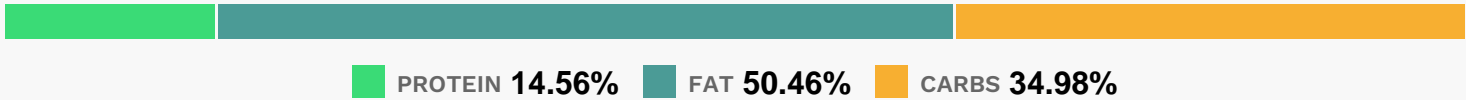
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil
- ☐ stove
- ☐ slotted spoon
- ☐ glass baking pan

## Directions

- ☐ Preheat the oven to 350°F. Butter a 13 x 9 x 2-inch glass baking dish.
- ☐ Spread the bread on a large baking sheet (or 2 smaller baking sheets) in an even layer and bake, stirring a few times, until light golden brown, about 12 minutes.
- ☐ Remove from the oven and let cool.
- ☐ Put the cubes into a very large bowl.
- ☐ Raise the oven temperature to 375°F.

- ☐ Combine the mushrooms in a large baking dish or rimmed baking sheet, toss with 3 tablespoons of the oil, and season with salt and pepper. Roast in the oven, stirring several times, until soft and golden brown, about 30 minutes.
- ☐ While the mushrooms are roasting, heat the remaining 1 tablespoon oil in a large deep sauté pan over medium heat.
- ☐ Add the bacon and cook, stirring occasionally, until golden brown and the fat has rendered, about 10 minutes.
- ☐ Transfer the bacon with a slotted spoon to a plate lined with paper towels.
- ☐ Pour off all but 2 tablespoons of the rendered fat in the sauté pan and return to the stove over high heat.
- ☐ Add the onion and cook until soft, about 4 minutes.
- ☐ Add the garlic and cook for 1 minute.
- ☐ Add 3 cups of the chicken stock, the sage, thyme, and parsley and season with salt and pepper. Bring to a simmer.
- ☐ Add the mushrooms to the bread.
- ☐ Whisk the eggs in a small bowl and then whisk in a few tablespoons of the warm stock mixture.
- ☐ Add the eggs and the rest of the stock mixture to the bread, season with salt and pepper, and stir to combine. The dressing should be very wet; add more stock as needed. Scrape the mixture into the prepared baking dish. Cover with foil and bake for 25 minutes.
- ☐ Remove the foil and continue baking until the top is golden brown, 25 to 30 minutes longer.
- ☐ Remove from the oven and let cool for 10 minutes before serving.
- ☐ Reprinted with permission from Bobby Flay's Bar Americain Cookbook by Bobby Flay with Stephanie Banyas and Sally Jackson, (C) 2011 Clarkson PotterBOBBY FLAY, a New York Times bestselling author, is the chef-owner of six fine dining restaurants, including Mesa Grill, Bar Americain, and Bobby Flay Steak, and an expanding roster of Bobby's Burger Palaces. He is the host of numerous popular cooking shows on Food Network, from the Emmy-winning Boy Meets Grill and Grill It! with Bobby Flay, to the Iron Chef America series, Throwdown! with Bobby Flay, and Food Network Star. Brunch @ Bobby's debuted on the Cooking Channel in fall 2010 and America's Next Great Restaurant debuted in March 2011 on NBC. This is his eleventh book. His website is Bobby
- ☐ Flay.com.
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# Nutrition Facts



## Properties

Glycemic Index:34.81, Glycemic Load:29.44, Inflammation Score:-9, Nutrition Score:31.60434820341%

## Flavonoids

Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

## Nutrients (% of daily need)

Calories: 576.22kcal (28.81%), Fat: 32.76g (50.39%), Saturated Fat: 9.98g (62.38%), Carbohydrates: 51.1g (17.03%), Net Carbohydrates: 46.98g (17.08%), Sugar: 8.03g (8.92%), Cholesterol: 88.92mg (29.64%), Sodium: 912.55mg (39.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.26g (42.52%), Copper: 5.17mg (258.48%), Selenium: 52.81µg (75.44%), Vitamin K: 67.89µg (64.65%), Vitamin B3: 11.81mg (59.05%), Vitamin B2: 0.96mg (56.31%), Vitamin B1: 0.78mg (52.16%), Manganese: 0.81mg (40.56%), Folate: 137.96µg (34.49%), Phosphorus: 340.86mg (34.09%), Iron: 4.92mg (27.36%), Vitamin B6: 0.52mg (25.78%), Potassium: 844.88mg (24.14%), Vitamin B5: 2.37mg (23.7%), Zinc: 2.86mg (19.08%), Fiber: 4.12g (16.48%), Magnesium: 59.8mg (14.95%), Vitamin E: 1.88mg (12.53%), Vitamin A: 625.53IU (12.51%), Vitamin C: 10mg (12.12%), Calcium: 92.65mg (9.26%), Vitamin B12: 0.39µg (6.48%), Vitamin D: 0.86µg (5.76%)