



## Sautéed Mushrooms with White Garlic.



**DIFFICULTY**  
LOW

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**TYPE OF CUISINE**  
MEDITERRANEAN



**Nº OF DINERS**  
4



**TYPE OF DISH**  
STARTER



**PREPARATION TIME**  
20 MINUTES



**GARLIC VARIETY**  
WHITE

### Ingredients

- 4 cloves of White Garlic
- ½ Lemon
- Fresh Parsley
- White Wine
- Extra Virgin Olive Oil
- Salt

## Step by Step



1. Peel the Garlic cloves and put them in a mixer.
2. Add a few Parsley leaves without the stem and a generous dash of Olive Oil, and mix until the sauce thickens and turns green.
3. Add a little dash of White Wine and the juice of half a Lemon and mix again until the mixture is homogenous. Set aside.
4. Wash and dry the mushrooms, then cut them in quarters. If they are too small you may use them whole.
5. Put a dash of Olive Oil in a non-stick pan on medium-heat, then sauté the mushrooms with a pinch of salt. Once they brown add the Green Sauce. Sauté for a few more seconds and remove from the heat.



### DISH PRESENTATION:

6. Place the seasoned mushrooms in a plate, bowl or pot and decorate with some parsley leaves.

### TIPS FROM THE CHEF Miguel Ángel Mateos:

- It's a very quick to make and palatable starter.
- The Green Sauce may be also used to grill or braise the mushrooms.
- It's important to control de cooking point. If we overcook the mushrooms they will blacken and dry out, therefore changing their texture and taste.