

# Mangia Bene, Viva Bene

By FRANK ZEOLI



## Stuffed Mushrooms

**T**hanksgiving at my grandmother's house was a special time. I can remember she would start cooking several days ahead of time. Her kitchen was not big so she would have to cook things in stages. There were many family dinners throughout the year at my grandmother's house, but Thanksgiving was the best.

Being Italian Americans meant we would enjoy the best cuisine the two cultures had to offer from antipasto and lasagna to turkey and homemade stuffing; the food just kept coming. But before dinner, as we waited to eat, she would always have a few things to snack on and one of my favorites was her Stuffed Mushrooms.

There are so many recipes for stuffed mushrooms out there but hers was simple. Everyone would ask her, "What are the mushrooms stuffed with?" She would reply "mushrooms"! She would simply mince up the mushroom stems, add some garlic and cheese and presto, the best mushrooms you would ever have.

Thanksgiving would not be Thanksgiving without Grandma's Stuffed Mushrooms.

**Prep Time: 20 Minutes**

### Ingredients

- 1 T minced garlic
- 2 T olive oil
- 1 lb. mushrooms (White, Baby Bella's or Cremini) about 20-25 mushrooms

**Cook Time: 30 Minutes**

- 1/4 cup parmesan cheese
- 1/2 cup Italian breadcrumbs
- 1 T dried parsley
- Salt & Pepper to taste

### Instructions

1. Preheat the oven to 375 degrees.
2. Clean the mushrooms and then clean them again. Make sure you have gotten all the dirt off. Remove the stems from the mushroom caps and put them aside.
3. Mince the garlic and mushroom stems into a fine mince.
4. In a medium sauté pan, add the olive oil and sauté the garlic on medium high heat for about 1 minute. Add the mushroom stems, salt, pepper and parsley and continue to sauté for about 3 minutes.

5. Add the parmesan cheese and stir. Then add the breadcrumbs and stir. Continue cooking until it forms a bread stuffing.
6. Remove from the heat and let cool.
7. Take the cooled mixture and stuff the mushroom tops with the stuffing. Add the stuffed mushrooms to a baking dish. Add a small amount of water to the dish, just enough to cover the entire thing. Cover with aluminum foil.
8. Bake the mushrooms for about 25 minutes until the mushrooms are cooked through.



**Remove from the baking dish and place on a platter. Happy Thanksgiving!!**

Look for more recipes in the next edition of the SIAMO Qui.