

Stuffed Portobello Mushroom Recipe

Sunday, 19 December 2010 19:09

Need a change from chicken and meat for dinner? Portobello mushrooms make an excellent main course. Portobello mushrooms are quite large and provide a substantial portion for a meal. They have a meaty texture, they are full of flavour, and they taste delicious when they are baked or grilled.

To make this entrée, Portobello mushrooms are filled with rice and black beans. Sprinkle some cheddar cheese on top and your next dinner is complete.

Ingredients

Yields: 6 servings

7 Portobello mushrooms

4 tablespoons olive oil

1 yellow onion, chopped

2 cloves garlic, finely minced

3/4 teaspoon ground coriander

3/4 cup sushi rice

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2 teaspoons salt

2 tablespoons tomato paste

1 (14-ounce) can vegetable broth, warm

½ cup canned black beans, rinsed

2 celery stalks, peeled and diced

½ cup roasted red bell pepper, diced

3 tablespoons flat-leaf parsley

2 tablespoons green onions, chopped

1/3 cup Dubliner cheese, shaved (you can also use regular cheddar cheese)

Preparation

Prepping the rice:

Wash and rinse the rice thoroughly in several water baths (about three times). Drain as much water as possible.

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Fill about 3 quarts of water in a large pot. Bring to a boil. Add the rice. Bring the liquid back to a boil, then immediately lower the heat to a gentle boil. That way the rice is cooked evenly all the way through. Cook for about 7-8 minutes at a bubbly simmer. Add 1 teaspoon of salt half way through the cooking process (it will enhance the natural flavor of the rice and keep it more tender). Keep stirring the rice every now and then so that it doesn't stick to the bottom of the pot. The grains of rice should still be a little hard, about 2/3 of the way cooked. Drain the liquid from the rice using a fine mesh colander. Do NOT rinse. Discard the liquid.

Prepping the Portobello mushrooms:

Remove the stem from 6 mushrooms. Using the edge of a spoon, scrape and remove the gills of the Portobello mushrooms. Wipe the inside clean using a paper towel. Drizzle the mushrooms with olive oil. ****Removing the gills of Portobello mushrooms prevents the dish from turning dark once cooked. This step is only for the appearance of the dish and does not affect the taste.****

Making Mushroom Filling

Dice the reserved Portobello mushroom.

In a deep non-stick pan, heat 1 tablespoon of oil. Add the onions and cook until nicely golden and tender (it may take 5-8 minutes). Once the onions are cooked, add the garlic and coriander. Season with salt and pepper. Cook for another minute so the garlic is cooked and fragrant. Add the celery, diced Portobello mushroom and the black beans. Transfer the onion mixture to a plate, leaving as much oil as possible in the pan. Set aside.

In the same pan, add another tablespoon of oil. Add the rice. The oil should coat all the grains and gently separate the grains. Add tomato paste and warm vegetable stock. Stir constantly. After bringing the liquid to a boil, lower the heat to medium-low; add the parsley, caramelized onion mixture, green onions and bell peppers and continue cooking for about 12 minutes. Check the liquid; it should all be absorbed. adjust seasoning. Season with more salt if necessary and pepper.

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Assembly time:

Preheat the oven to 425°F.

Brush a hot grill with olive oil.

Top the Portobello mushrooms with the rice filling, dividing among the 6 mushrooms. Tightly stuff them, by gently pressing the filling using a spoon.

Place the whole mushrooms on a hot grill, hat side down. Cook until you get grill marks. Remove from the grill.

Sprinkle with Dubliner cheese. Drizzle with a little olive oil and bake for 20 minutes until the top is melted and forms a crust. Broil for about 2 minutes, until golden.

Serve warm.