



Build Flavor – “Fat Gives Things Flavor” – Julia Child

Elegant Mushroom Steak Diane

A classic dish made new again with healthy fats

Enhanced Broth:

1/2 Tablespoon olive oil

1 Tablespoon (each) shredded carrots; minced celery; minced onion

1 cup bone, beef, or vegetable broth

1/2 Tablespoon Dijon mustard

1 Tablespoon white wine, optional

Caramelized Onions:

1 Tablespoon olive oil

1 onion, peel, slice

Garlic salt and ground black pepper as desired

Mushroom Steaks:

2 organic large portabella mushrooms (about 6 ounces)
2 teaspoons soy sauce
2 teaspoons and 1 Tablespoon olive oil, divided
2 Tablespoons water or as needed

Mushrooms Steak Gravy

1/2 teaspoon Worcestershire sauce
1/2 teaspoon lemon juice
1 Tablespoon butter
Salt and black pepper to taste
1 Tablespoon red pepper relish
Garnish: Fresh minced parsley as desired

Enhance Broth Flavor: Heat oil in 10-inch skillet. Add shredded carrots, minced celery, and minced onion. Sauté until light brown; stir in broth; cook until hot; remove from skillet to small bowl. Set aside about 15 to 30 minutes to infuse flavors. Strain vegetables from broth; place broth in glass measuring cup; whisk in mustard and wine white if desired. Set aside.

Caramelize Onions: Heat oil in cast iron 10-inch skillet; add sliced onion; season lightly with garlic salt and black pepper; cover; cook over medium low heat for 15 minutes partially covered; stir occasionally, uncover; cook for 5 minutes or until onions are golden brown and tender. Remove to small bowl; set aside.

Prepare Mushrooms: Clean mushrooms; remove stem with a little twist (save stem for another use) With the tip of a spoon, scrape over the black gills to loosen and discard; wipe underside of cap with damp paper towel. If there are excess white fibers on the underside of cap, trim with scissors. After trimming, rub each with combined soy sauce and 2 teaspoons olive oil. Wipe any excess crumbs from the pan with a paper towel.

Sear and Cook Mushrooms: Add 1 Tablespoon oil to 10 to 12-inch cast iron skillet. Heat pan over medium heat until quite hot. Add the Portabella mushrooms, cap-side down. Sear for about 2 minutes; flip mushrooms over; sear for another 2 minutes. Lower the heat; add about 3 Tablespoons enhanced broth; cook about 10 minutes. As the broth evaporates, add several tablespoons of water if needed until mushrooms are tender. Test the tenderness by flipping the mushroom over and lightly insert tip of knife

into the underside where the stem was attached. Remove mushrooms to stay warm on plate.

Prepare Mushroom Gravy: With pan on medium high heat, prepare the sauce by deglazing pan with the remaining enhanced broth. Stir in Worcestershire sauce, lemon juice, and butter; season to taste with garlic salt and black pepper. Continue cooking until sauce starts to lightly thicken. Return mushrooms to pan, cap side down; drizzle mushrooms with pan sauce. Place 1/2 Tablespoon red pepper relish in center of each mushroom cap; spoon caramelized onions over relish.

To Serve: Remove mushrooms from pan; pour part of the gravy over serving platter; top with warm mushroom steaks; drizzle with remaining gravy and sprinkled minced parsley over the mushroom steaks as desired.
Serves: 2

Cook's Note: For a variation, add some tarragon or thyme to the sauce. We serve this dish with mixed mashed vegetables and sweet and sour cabbage. Mushrooms can be different sizes so make sure that two mushrooms will fit in your pan. If the pan is too small, cook one mushroom at a time. We used enhanced broth, but any good quality beef or vegetable broth can be used. You might want to add the mustard and wine white to your broth.

About the Recipe: Classic dishes like “Steak Diane” were amazingly delicious. After World War II, people began to go out to eat more regularly. Steak Diane became a popular entrée to order in fancy gourmet restaurants, where waiters prepared it at tableside with an elegant flair. This recipe captures the same classic flavor but lightens it with a vegetarian twist of mushroom steaks. It's a perfect way to have a celebration dinner.