

# Mushroom Roulade

Type: Main Dish

Serves: 4

Time to Prepare: 30 minutes + 4 hours of marinade time

## *Ingredients*

2 cups of cubed French bread

1 stalk of celery, sliced

¼ of an onion, chopped

1 tsp. of olive oil

¼ cup of walnuts

½ of a green apple, diced

1 tbsp. of paprika

¼ tsp. of salt

½ tsp. of freshly ground pepper

½ cup of vegetable stock

4 very large portabella mushrooms

2 cups of red wine

8 cloves of garlic, minced

½ tsp. of freshly grated nutmeg

Olive oil for brushing

Pinch of salt

Apple wood chips for smoking the mushrooms

Toothpicks

*Option:* ¼ cup of green olives stuffed with sundried tomatoes for the stuffing

## *Instructions*

**Remove** the stems and gills from the portabellas.

**Mince** the garlic.

**Mix** the garlic, nutmeg, and red wine together.

**Marinate** the portabella caps in the wine solution for at least 4 hours, covered.

**Soak** the apple wood chips in water for at least one hour.

**Towards** the end of the marinade, prepare the stuffing.

**Chop** the onion, slice the celery, and dice the apple.

**Saute** these on medium high heat in the 1 tsp. of olive oil until the onion starts to brown.

**Add** the cubed French bread, paprika, salt, and pepper.

**Reduce** the heat to medium.

**Saute** this for about 5 minutes.

**Add** in the vegetable stock.

**Cook** this for another 10 minutes and remove it from the heat.

**Light** up a charcoal grill with the soaked apple chips.

**Take** the portabella caps out of the red wine marinade.

**Brush** them with olive oil and sprinkle on a touch of salt.

**Place** these on the grill until they are soft and pliable.

**Wrap** them around the stuffing.

**Pierce** them with toothpicks at a diagonal to hold them together.

**Return** them to the grill for another 5-10 minutes.

**Brush** the mushrooms with the marinade every minute or so to keep them from drying out.

## Kitchen Equipment

Grill

Smoke Box for the apple wood chips

Tongs

Toothpicks

Measuring Cup

Measuring Spoon

Medium Sized Pot

Wooden Spoon

Bowl for marinating the mushrooms

Cutting Board

Small Knife

## Presentation



This is a complex recipe and it deserves a good presentation, so take some time to lay the roulade along the side of the plate and drizzle some of the marinade over it. You can also take a balsamic vinegar reduction and place dots of that where the marinade does not fall. For an extra finish, top this with a lightly fried sage leaf. I propped the sage leaf up on this roulade by sticking it on one of the toothpicks. Finally, several whole cloves of roasted garlic dressed in herbs looks very nice against the dark red of the marinade and roulade.

## Time Management

This has a couple different parts to it, including grilling the mushrooms. I like to make the stuffing early and then light the grill about ten minutes before I'm done with the marinade. That makes it fairly easy to assemble. Also, if I have some stuffing left over from another recipe, I will sauté up the diced apple, mix it into the stuffing, and then let it warm on the grill while it's wrapped in the roulade. Doing it that way makes this a very simple recipe to make.

There are also a couple cheats to this recipe. First, you can forgo grilling the mushrooms and sauté them in a touch of liquid smoke. Even better is to sauté them in a bit of oil with some smoked

salts which can sometimes be found at places like Central Market and Whole Foods. In addition, you can forgo the marinade and sauté the mushrooms with a couple tablespoons of red wine and a couple cloves of garlic. With any of these cheats, you'll lose some flavor, but you'll save a whole lot of time.

## Complementary Food and Drinks

Try this with a side of toasted bread brushed with oil and topped with a green olive, sundried tomato, and almond tapenade. For a different side, I like to go with my crispy sage mashed potatoes.

## Where to Shop

Apple wood chips can be found at most gourmet food stores, kitchen stores, and places that specialize in grills and barbeque. I usually use a merlot for the wine which can be purchased just about anywhere. The toothpicks will probably be located in the baking aisle or with the other kitchen implements at your local market. All of the other ingredients should be easy to find. Make sure when you buy the mushrooms, though, that you get mushrooms that have around 6" or wider caps.

## How It Works

Marinating the mushrooms obviously allows it to absorb some of the garlic and nutmeg flavored wine. Red wine is used so that it can compete with the dark, heavy flavor of the portabella. The gills and stems are removed so the portabella can more easily wrap around the stuffing. Apple is used in this traditional stuffing to give it a hint of sweetness and texture. The mushrooms are grilled so that they pick up a subtle smoky flavor. Apple wood chips are used as a mild flavoring agent. It's something that may not be noticed right away, but would be missed if it was absent.

## Chef's Notes

This recipe takes a lot longer than I generally have patience for doing, but it is well worth the wait. I usually know I'm going to make these the day before I do, so I just put together the marinade in the morning and let the mushrooms hang out in it until I am ready to start cooking.

## Nutritional Facts (individual servings in parentheses, does not include any options)

Calories 464.2 (116.1)

Calories from Fat 86.4 (21.6)

Fat 10.0g (2.4g)

Total Carbohydrates 64.9g (16.2g)

Dietary Fiber 14.4g (3.6g)

Sugars 16.4g (4.1g)

Protein 29.6g (7.4g)

Salt 227.2mg (55.8mg)

Vitamin A 1% (0.3%)

Vitamin B6 51% (12.8%)

Vitamin C 44% (11%)

Calcium 14% (3.5%)

Iron 59% (14.8%)

Thiamin 50% (12.5%)

Riboflavin 192% (48%)

Niacin 188% (47%)

Folate 37% (9.3%)

Phosphorous 98% (24.5%)

Potassium 99% (24.8%)

Zinc 47% (11.8%)

Magnesium 30% (7.5%)

Copper 228% (57%)

## Interesting Facts

A traditional roulade is a thin piece of meat wrapped around a filling.

Cremini mushrooms expand rapidly and become portabella mushrooms in three to four days.