

*Cooking in the Gesundheit Kitchen with Chef Hans Rueffert*

**Episode 24: Hearty Mushrooms**

**From Chef Hans:** It can be a chore having to maintain or gain weight. When you need to constantly think about what you're eating next, it's easy to create a boring meal. I like to keep it on the interesting side with one of my "go-to" foods: mushrooms. This huge family of edibles each have their own distinct flavors.

When cooking with mushrooms, you need liquid. Aromatics and some kind of fat, like butter, are best. They can take quite a bit of flavor so you can adjust seasonings and spices to your own taste. It is best to not crowd the pan so make sure that your sauté pan is large enough.

I use button mushrooms in this recipe as they are more nutritious once they are cooked. Cooking them unlocks the inherent niacin, vitamin D, and B vitamins. If you are not able to find the mushroom ingredients listed, you can substitute any good mushrooms.

Note: To clean mushrooms, it is best to brush off any dirt with just a damp towel.

**Serves 4 - 6**

**INGREDIENTS:**

- 4 cups, any variety of good mushrooms, stemmed (save stems for a soup or stock)
  - 2 cups button mushrooms, rough chopped
  - 2 portabella mushrooms, sliced (the gills can be removed with a spoon and saved for a stock)
  - 2-3 "hands" oyster mushrooms, removed from stem & roughly torn or chopped
- 2 tablespoons butter (preferred fat)
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 teaspoon Out of the Blue salt OR salt & pepper
- ¼ cup watercress (optional)
- ¼ cup cherry tomatoes
- ¼ cup cooked quinoa or millet

**DIRECTIONS:**

With your sauté pan on a medium-high heat, melt your butter. Once butter is melted, add the onions and garlic to the sauté pan and sweat for about 2 minutes. Add the mushroom mix and sauté for about 1 minute. Add the watercress and sauté for 1 minute. Then top with your tomatoes, sauté for 1 more minute, and turn off the heat. Stir in the quinoa or millet and it is ready to serve!