



Tray kasanegasane



Pasta with porcini mushrooms

Mushrooms are available year-round and are an immune-boosting food. The use of dried porcini, which has a strong aroma, enhances the flavor of the mushrooms.

Mushrooms also work well with butter and cream for a rich finish.



Anti-aging foodstuffs

Mushrooms

<How to Cook>

<Ingredients> For 2 servings

- | | |
|--------------------------|------------------------------|
| 200 g pasta | 45 g dried porcini mushrooms |
| 10 g maitake mushrooms | 10g Shiitake mushrooms |
| 1 clove garlic | 80 cc heavy cream |
| a little parsley | 100cc consommé soup |
| 10 g Parmigiano Reggiano | 10 g unsalted butter |
| 10g Onion | |
- Olive oil and salt, black pepper as needed.



1. Wash and Reconstitute the dried porcini in water (reserve the water*).
 2. Finely chop the parsley.
 3. Finely chop the garlic and onion, and break up the maitake mushrooms by hand.
 4. Cut the Shiitake mushrooms into thin slices and cut the rehydrated porcini into chunks.
 5. Put the butter in a frying pan, add the garlic and saute over low heat.
 6. Add the maitake and Shiitake mushrooms and sauté, then remove from the pan.
 7. Add porcini and the consommé soup to the pan and bring to a simmer, then add cream.
 8. Mix the ingredients from step 7 in a blender to make a sauce.
 8. Add the cooked pasta to the sautéed maitake and eringi mushrooms and then stir in the parsley
 9. Finally, sprinkle with chopped Parmigiano-Reggiano and black pepper and serve.
- * The water from the dried porcini can be used in place of water when making the consommé soup for additional flavor.