

Oven Roasted Mushrooms



Roasting mushrooms is an easy way to intensify the rich umami flavor naturally found in them – this technique will elevate any dish and they're also delicious eaten on their own as a side!

YIELD 1 ½ - 2 CUPS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
------------------------------	----------------------------	-----------------------------

INGREDIENTS

1 lb.	Mushrooms, halved or quartered as desired (see chef's note)
2 tsp	Olive or Canola Oil
½ tsp	Kosher Salt
To Taste	Black Pepper

CHEF'S NOTES

Some great varieties of mushrooms to try with this method are shiitake, oyster, button, portabella, cremini, maitake (Hen of the Wood), beech (clamshell), and chanterelle.

If using bigger mushrooms (or mixed sizes/varieties), cutting them into evenly sized pieces will ensure an even rate of cooking and consistent texture in the final dish.

By seasoning these simply with just salt and pepper, the natural mushroom flavor shines. Try these in the Roasted Mushroom and Preserved Lemon Risotto.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat the oven to 375°F.
2. In a medium bowl, toss the mushrooms with the oil, salt and pepper until the mushrooms are thoroughly coated.
3. Place a wire cooling rack (the kind you use to cool cookies after baking) on top of a sheet tray. Spread the mushrooms evenly on the rack. Place the pan in the oven and let the mushrooms roast until they are browned and tender, about 15-20 minutes.



goldringcenter.tulane.edu



[@culinarymedicine](https://www.instagram.com/culinarymedicine)



[Goldring Center for Culinary Medicine](#)

