
Sautee`d Mushrooms

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

2 tablespoons butter

1 tablespoon oil

1/2 pound fresh mushrooms, whole or sliced - depending on size

Place a frying pan over high heat with butter and oil. When the foam begins to subside, add the mushrooms. Toss and shake the pan for 4 to 5 minutes.

As soon as the mushrooms have browned, remove from the heat. Sautee'd mushrooms may be cooked in advance and set aside. Reheat when needed.

Season to taste just before serving.

Side Dishes

Per Serving (excluding unknown items): 379 Calories; 37g Fat (85.0% calories from fat); 5g Protein; 10g Carbohydrate; 3g Dietary Fiber; 62mg Cholesterol; 243mg Sodium. Exchanges: 2 Vegetable; 7 1/2 Fat.