

# Mushroom Ketchup

*Sam Beall & Marah Stets - "The Foothills Cuisine of Blackberry Farm"*  
*Knoxville News Sentinel*

## **Yield: 3 cups**

*1 cup red wine vinegar*  
*2 tablespoons natural cane sugar*  
*1/2 pound button mushrooms, coarsely chopped*  
*1/2 cup button mushrooms, sliced*  
*2 ounces dried shiitake mushrooms*  
*1 tablespoon Kosher salt*  
*1 whole allspice*  
*1/4 teaspoon whole fennel seeds*  
*1 bay leaf*  
*1/4 teaspoon crushed red pepper flakes*  
*1 cinnamon stick*  
*1 1/2 teaspoons grapeseed or canola oil*  
*1/2 medium onion, thinly sliced*  
*1 clove garlic, chopped*  
*2 tablespoons sorghum*

In a medium saucepan, bring the vinegar, three cups of water and the cane sugar to a boil over medium-high heat, stirring to dissolve the sugar. Remove the pan from the heat and stir in the 1/2 pound of chopped mushrooms and dried shiitakes. Cover and let sit at room temperature overnight.

In a large saucepan, stir together the sliced mushrooms, salt, allspice, fennel seeds, bay leaf, red pepper flakes, cinnamon stick and two cups of water. Let sit at room temperature for 20 minutes. Cover and bring to a boil over high heat. Remove from the heat and let sit, covered, for 30 minutes. Strain through a fine-mesh sieve, pressing on the solids to remove as much liquid as possible. Discard the solids and set aside the mushroom stock.

In a large saucepan, heat the oil over medium heat. Add the onion and garlic and cook, stirring often, until very soft and caramelized, about 15 minutes. Add the reserved mushroom stock and stir with a spatula to scrape up the browned bits from the bottom of the pan. Add the reserved mushrooms with their liquid and the sorghum.

Bring to a boil over high heat. Reduce the heat to medium-low and simmer, stirring occasionally, until all but about one cup of the liquid cooks away, about two hours. Discard the bay leaf.

Puree' the mixture in a blender, in batches if necessary. Add a little water if necessary to keep the mixture moving. Let cool to room temperature.

Transfer to an airtight container. Cover and refrigerate for up to one week.

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Per Serving (excluding unknown items): 423 Calories; 3g Fat (5.3% calories from fat); 15g Protein; 109g Carbohydrate; 23g Dietary Fiber; 0mg Cholesterol; 5672mg Sodium. Exchanges: 5 Grain(Starch); 3 1/2 Vegetable; 0 Fat; 1 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	423	Vitamin B6 (mg):	.8mg
% Calories from Fat:	5.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	83.5%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	11.2%	Riboflavin B2 (mg):	1.8mg
Total Fat (g):	3g	Folacin (mcg):	164mcg
Saturated Fat (g):	trace	Niacin (mg):	20mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	109g		
Dietary Fiber (g):	23g		
Protein (g):	15g		
Sodium (mg):	5672mg		
Potassium (mg):	2394mg		
Calcium (mg):	264mg		
Iron (mg):	41mg		
Zinc (mg):	7mg		
Vitamin C (mg):	24mg		
Vitamin A (i.u.):	100IU		
Vitamin A (r.e.):	10RE		

## Food Exchanges

Grain (Starch):	5
Lean Meat:	0
Vegetable:	3 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1

## Nutrition Facts

### Amount Per Serving

Calories	423	Calories from Fat: 22
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### % Daily Values\*

Total Fat	3g	5%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	5672mg	236%
Total Carbohydrates	109g	36%
Dietary Fiber	23g	93%
Protein	15g	

Vitamin A	2%
Vitamin C	40%
Calcium	26%
Iron	226%

\* Percent Daily Values are based on a 2000 calorie diet.