

Garlic mushrooms

Cuisine: **Spanish**Food category: **Side dishes**Author: **Jaroslav Mikoška**Company: **Retigo**

Program steps

Preheating: **220 °C**

1	Combination	40 %	Termination by time	00:04 hh:mm	200 °C	100 %	
2	add the garlic						
	Combination	40 %	Termination by time	00:04 hh:mm	200 °C	100 %	
3	add the vinegar						
	Combination	40 %	Termination by time	00:02 hh:mm	200 °C	100 %	

Ingredients - number of portions - 6

Name	Value	Unit
olive oil	30	ml
garlic cloves, finely chopped	4	pcs
fresh mushrooms like seps, button, shitake, etc.	500	g
sherry vinegar	30	ml
salt	2	g
freshly ground black pepper, ground	1	g
ground pepper	1	g
celery	50	g

Nutrition and allergens

Allergens:

Minerals: Ca, Fe, K, Mg

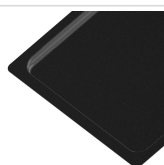
Vitamins: A, B6, C, D, E, K

Nutritional value of one portion	Value
Energy	17 kJ
Carbohydrate	0.2 g
Fat	0.3 g
Protein	3.4 g
Water	0 g

Directions

Set the Retigo combi oven to a combination mode 40%, 200C. Place washed, seasoned and oiled mushrooms on Retigo bake GN container. After 4 minutes frying, add the garlic and continue to fry. After another 4 minutes pour in two tablespoons of the sherry vinegar, shut the door and continue to cook for another 2 minutes. Continue to cook until most of the liquid has evaporated. Serve with another drizzle of olive oil, a light sprinkling of paprika and plenty of parsley.

Recommended accessories



Vision Bake