

# 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
cloves garlic, finely chopped	4	pcs
fresh mushrooms	500	g
sherry vinegar	30	ml
salt	2	g
ground black pepper, ground	1	g
ground hot pepper	1	g
sprig of parsley	50	g

## Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

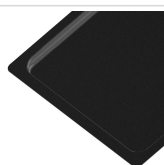
Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	21.7 kJ
Carbohydrate	1 g
Fat	0.3 g
Protein	3.7 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