

# Garlic mushrooms

Cuisine: **Spanish**  
Food category: **Side dishes**



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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    |

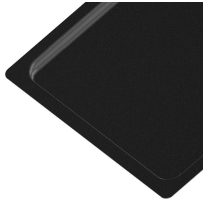
| Nutrition and allergens          |       |
|----------------------------------|-------|
| Allergens:                       |       |
| Minerals: Ca, Fe, K, Mg          |       |
| Vitamins: A, B6, C, D, E, K      |       |
| Nutritional value of one portion | Value |
| Energy                           | 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