

## MUSHROOM CREAM SAUCE

*A classic mushroom sauce that is the perfect compliment to meat, such as steak, or even served over rice. Serves 2—4 adults as a topping.*



2-5 oz. mushrooms, cut to bite-sized pieces    2 T. butter  
1/2 C. fresh cream or half & half                    1 tsp. black pepper (or to taste)  
1/2 tsp. sea salt (or to taste)                        1 large garlic clove, crushed or minced

### **Directions**

Melt the butter in a sauce pan over medium-low heat, and then add the mushroom variety of your choice. Sautee until the mushroom is fully cooked and softened. The amount of time required will vary depending upon the type of mushroom.

Add the cream, pepper, and salt and turn up the heat to medium. Cook for 5-8 minutes, stirring occasionally. Take care that the cream doesn't over boil.

Once the sauce has reduced by half, add the garlic and cook for another minute or two. This is also the point to add a few springs of fresh herbs, if you like.

Sauce should be thick and ready to serve over your favorite steak, chop, or other meat.

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### **Serving Suggestion:**

Make this a main course meal. Increase the garlic and pepper (to taste) and the cream to 1 1/2—2 cups. Add fresh veggies of your choice (for example broccoli, kale, diced carrots, etc.) at the same time as you add the cream allowing them to cook in the sauce. Use a lower temperature to allow them time to cook to your preferred softness. Cook to reduce the cream down to the thickness of your preference, but it will make a better sauce if more thin. Salt to taste, and serve over rice, pasta, or potatoes.

*Credit: Angel Miller of 2 Angels Mushroom Farm*

*Look for more recipes on our website:  
[2AngelsMushrooms.com](http://2AngelsMushrooms.com)*