

GRILLED PORTOBELLO MUSHROOMS

I came up with this recipe when I volunteered to “cater” a relatives wedding. I was planning on making brisket (and I did) but I found out a few days before the wedding there were going to be around 30 vegetarians. Gulp! Portobello mushrooms were a logical choice because they are large, dense, and “meaty”. Many restaurants sell Portobello Burgers as an alternative to beef. You can always just use some olive oil, salt and pepper, and pop them on the grill, but if you want to fancy it up a little bit, here is what I did, and they were a hit.

INGREDIENTS:

3-5 Portobello Mushroom Cap, 3-5 inches in diameter

2 Tablespoons Olive Oil

1 ½ Tablespoons Balsamic Vinegar

1 ½ Tablespoons Soy Sauce

2 Tablespoons Onion, finely minced

½ teaspoon Black Pepper

½ teaspoon Rosemary, dried or 1 teaspoon Fresh Rosemary

1 ½ teaspoon Garlic, minced, about 3 cloves

DIRECTIONS:

Combine all of the liquids and spices in a bowl and whisk until combined. Pour mixture into a large zip lock bag and add mushroom caps. Marinate for at least 1 hour but not more than 4 hours.

Prepare your grill for direct heating and bring it up to “medium”. Place mushrooms on the preheated grill for 3 minutes, then flip them over and cook for another 3 minutes. It’s up to you to decide when they are done...it depends on the temperature of the grill, the temperature outside, the thickness of your mushrooms, and your individual preference. Generally, 6-12 minutes should be OK.

Continue cooking until you’re happy.

Serve immediately.