

Baked mushrooms *(Side dishes)*



Preparation

Cut the mushrooms from the stalks, keeping them whole. Line a baking sheet with some baking parchment. Arrange the mushrooms flat on the baking parchment. Season with plenty of olive oil, salt and pepper. Bake at 180 °C (in a fan oven) for about 25 minutes. Serve hot along with polenta and a meat dish, if you like.

Tips

The oyster mushroom, 'Pleurotus ostreatus' or 'sbrise', is rich in vitamins, amino acids and minerals.

Trivia

The name 'sbrise' comes from the Paduan dialect: this fungus is, in fact, the oyster mushroom, 'Pleurotus ostreatus'.

Information

Preparation 30 minutes

Total Time 20 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Oyster mushrooms 600 grams

Oil

Salt

Pepper