

Mushroom Strudel in Phyllo Dough

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Ingredients: Serves 4

3 or 4 Lg Portobello Mushrooms, sliced
1 clove Garlic, minced
1 Lg Shallot, minced
1 1/2 Onion, yellow, sliced, caramelized
2 Sausages, (I used chicken apple sausage)
4 Sheet Phyllo Dough
1/2 cup Oil, veggie or canola
1/2 cup Cheese, grated, Parmesan or Romano or Asiago
1/4 cup Parsley, Italian, fresh, chopped or whole leaves
1/4 cup Butter, melted or veggie spray (leftovers are better without using butter)
Salt to taste
1/2 tsp Pepper, fresh ground black

Procedure:

Preheat oven to 350°F.

Sauté mushrooms in 1/4 cup oil with 1 clove minced garlic, 1 shallot and season with salt and pepper to taste. Set aside to cool. Caramelize the 1 1/2 sliced onions in 1/4 cup of oil. (Caramelize is to cook onions very slowly so they turn golden brown and not burnt if too high a heat.) Chop 2 sausages into small pieces or crumble in food processor.

Lay out 1 sheet of Phyllo. Spray with veggie oil, sprinkle with 2 Tbs grated cheese, and 1/4 cup fresh chopped parsley (use the whole leaves instead, by placing them around in a random pattern). Lay another sheet of Phyllo dough on top of this one and repeat process three more times, (you may leave out the herbs and cheese in remaining layers or not).

Spoon the mushroom mixture along the one edge of the dough, leaving about 2" from the edge. Spread the caramelized onions on top of the mushrooms, then spread the chopped sausage over it. Roll the dough to become a tube shape. Place this, seam side down, on a baking sheet and spray again with veggie oil.

Bake in the center of preheated 350°F until golden brown, about 25-40 minutes.

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