

Bear Head Mushrooms in Cream Sauce

Show: ☐ Mar 27th

Ingredients :☐

1 Tbls Cooking Oil
1 Tbls Butter, melted
10 slices Mushrooms, Bear Head (1/4" thick)
1 Tbls Shallots, chopped
salt & pepper to taste
1-2 cloves Garlic, chopped
1/2 cup Cream
2 each Mushrooms, Morel, sliced in rings
1 each Chicken Breast, cooked and sliced

Procedure:

Heat 1-Tbls oil and 1 Tbls butter and add Bear head mushrooms cut into 1/4" slices (10 slices)
Add 1 Tbls. Chopped shallots
Salt and pepper
1-2 cloves of minced garlic and sauté for 2 minutes.
Add 1/2 cup cream and reduce until it coats the back of a spoon, about 2 minutes. Add 2 morel mushrooms**, sliced in rings and sautéed. Serve over sliced cooked chicken breasts and sprinkle with chopped parsley.

**Note: The reason for cooking morels separately and adding them at the end is that their dark color will stain and muddy the white bear head mushrooms.

[« Back to List of Recipes](#)

