

Madeira Mushroom Trio Sauce

Top lean beef steaks with this savory mushroom sauce for a nice special occasion weekend meal.

1/2 ounce wild dried mushrooms, reconstituted
1 shallot, chopped
2 teaspoons olive oil
1/2 cup domestic mushrooms
1/2 cup Shiitake mushrooms, sliced
1/2 cup low sodium beef stock
2 tablespoons Madeira wine
1/2 teaspoon dried thyme leaves
1/2 teaspoon salt
2 tablespoons fresh parsley, minced

Reconstitute the dried mushrooms by soaking in 1 cup hot water for 20 minutes. Rinse quickly under running water to remove grit. Add oil to heated saucepan and saute shallots over Medium-High heat 1 minute. Add the mushrooms; saute 3 more minutes longer. Add beef stock, Maderia, thyme and salt. Bring to a boil and simmer for 8-10 minutes. Stir in parsley and serve over steaks or sliced roast beef.

Servings: 6

Preparation time: 25 minutes

Cooking time: 15 minutes

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	81.36
Calories From Fat (18%)	14.96
% Daily Value	
Total Fat 1.70g	3%
Saturated Fat 0.26g	1%
Cholesterol 0.00mg	0%
Sodium 297.51mg	12%
Potassium 313.37mg	9%
Carbohydrates 15.03g	5%
Dietary Fiber 0.68g	3%
Sugar 0.65g	
Sugar Alcohols 0.00g	
Net Carbohydrates 14.35g	
Protein 2.53g	5%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1/2 ounce wild dried mushrooms, reconstituted	0.50 x 1 oz of Mushrooms, shiitake, dried
1 shallot, chopped	1 x shallot medium of Shallots, raw
2 teaspoons olive oil	2 x 1 teaspoon of Oil, olive, salad or cooking
1/2 cup domestic mushrooms	0.50 x 1 cup, pieces or slices of Mushrooms, raw
1/2 cup Shiitake mushrooms, sliced	0.50 x 1 cup (pieces) of Mushrooms, shiitake, cooked, with salt
1/2 cup low sodium beef stock	0.50 x 1 cup of Soup, beef broth or bouillon canned, ready-to-serve
2 tablespoons Madeira wine	2 x 1 tablespoon of Alcoholic beverage, wine, table, red
1/2 teaspoon dried thyme leaves	0.50 x 1 teaspoon of Spices, thyme, ground
1/2 teaspoon salt	0.50 x 1 teaspoon of Salt, table
2 tablespoons fresh parsley, minced	2 x 1 tablespoon of Parsley, raw

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