

## \* *CHAMPIGNONS SAUTÉS AU BEURRE*

[Sautéed Mushrooms]

Use these mushrooms either as a vegetable alone or in a combination with other vegetables, or as an integral part of such dishes as *coq au vin*, *boeuf bourguignon*, *poulet en cocotte*. Successfully sautéed mushrooms are lightly browned and exude none of their juice while they are being cooked; to achieve this the mushrooms must be dry, the butter very hot, and the mushrooms must not be crowded in the pan. If you sauté too many at once they steam rather than fry; their juices escape and they do not brown. So if you are preparing a large amount, or if your heat source is feeble, sauté the mushrooms in several batches.

A 10-inch enameled skillet  
2 Tb butter  
1 Tb oil  
½ lb. fresh mushrooms,  
washed, well dried, left  
whole if small, sliced or  
quartered if large

Optional: 1 to 2 Tb minced  
shallots or green onions  
Salt and pepper

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Place the skillet over high heat with the butter and oil. As soon as you see that the butter foam has begun to subside, indicating it is hot enough, add the mushrooms. Toss and shake the pan for 4 to 5 minutes. During their sauté the mushrooms will at first absorb the fat. In 2 to 3 minutes the fat will reappear on their surface, and the mushrooms will begin to brown. As soon as they have browned lightly, remove from heat.

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Toss the shallots or green onions with the mushrooms. Sauté over moderate heat for 2 minutes.  
(\* ) Sautéed mushrooms may be cooked in advance, set aside, then reheated when needed. Season to taste just before serving.