

## Grilled Portobello Mushrooms

Makes 4 servings

**Time:** About 20 minutes, plus time to preheat the grill

You can grill just the caps of portobellos if you like, or cut them down the middle and grill cap and stem together; make sure the stem is washed well.

- 1/3 cup extra-virgin olive oil
- 1 tablespoon minced shallot, scallion, or onion
- Salt and freshly ground black pepper to taste
- 4 large portobello mushrooms, trimmed (page 583) and cut in half right down the middle
- Minced fresh parsley or chervil leaves for garnish

1 Start a charcoal or wood fire or preheat a gas grill or broiler; the fire should be quite hot and the rack about 4 inches from the heat source. Mix together the olive oil, shallot, salt, and pepper and brush the mushrooms all over with about half of this mixture.

2 Grill or broil the mushrooms with the tops of their caps away from the heat until they begin to brown, 5 to 8 minutes. Brush with the remaining oil and turn. Grill until tender and nicely browned all over, 5 to 10 minutes more. Garnish and serve.

## Sautéed Mushrooms with Garlic

Makes 4 servings

**Time:** About 20 minutes

These are best served at room temperature. Stir in some other herbs—such as chives, chervil, and/or tarragon—and a teaspoon or two of good vinegar along with the parsley if you like.

1/2 cup extra-virgin olive oil

About 1 pound mushrooms, preferably an assortment, cleaned, trimmed (page 583), and sliced; mix in some reconstituted dried mushrooms for extra flavor if you like

Salt and freshly ground black pepper to taste

1/4 cup dry white wine

1 teaspoon minced garlic

2 tablespoons chopped fresh parsley leaves

1 Place the olive oil in a large, deep skillet over medium heat. When it is hot, add the mushrooms, then some salt and pepper. Cook, stirring occasionally, until tender, 10 to 15 minutes.

2 Add the wine and let it bubble away for just 1 minute or so longer. Turn the heat to low. Add the garlic and parsley, stir, and cook for 1 minute. Turn off the heat and allow the mushrooms to sit in this mixture for 1 hour or so before serving.

## Okra

Many northerners have never come to appreciate okra. It is an unusual vegetable, in that it produces an odd, thick liquid (useful in thickening stews) when it cooks for a long time. But it has good flavor and is wonderful fried.

**Buying and storing** The smaller the better; don't buy okra when it's over two or three inches long. Pods should be firm and not at all mushy and, of course, undamaged. The season is summer, but you may find okra through the fall.

**Preparing** Easy: Rinse, then cut off the stem end.

**Best cooking methods** Frying, gently stewing.

**When is it done?** When tender; overcooking makes okra slimy.

**Other recipes in which you can use okra (always minimize cooking time):**