

# Mushroom Cutlet

Source: Ellen Siegel

Serves: 4

## Ingredients:

- 1 lb mushrooms, finely chopped\*
- 1 ½ cup fresh bread crumbs from a good quality whole grain bread
- 2 cloves of garlic, finely chopped
- 3 TBSP flat leaf parsley, chopped
- 2 TBSP fresh tarragon, chopped or 1 TBSP dried
- 1 tsp sea salt
- ½ tsp ground black pepper
- 2 large eggs
- 1 1 ½ cup grated mild cheddar cheese
- 2 green onions, including greens, finely chopped
- 2-3 TBSP olive or coconut oil for pan frying

## Gravy Option 1: Thyme Cream Gravy

### Ingredients:

- 4 TBSP oil or butter
- 3 TBSP flour
- 2 cups milk or half & half or 1 cup milk plus 1 cup half & half
- 1 tsp garlic powder
- 1 tsp dried thyme
- Salt & pepper to taste
- Dash of fresh grated nutmeg (optional)

## Gravy Option 2: Mornay Sauce

### Ingredients:

- 2 TBSP oil or butter
- 1 ½ TBS flour
- 1 cup milk
- 1 cup half & half
- 1 bay leaf
- Pinch of each, white pepper & cayenne pepper
- 1 1 ½ tsp sea salt
- ½ cup grated cheddar cheese

## Directions:

1. Combine all ingredients – shape into patties (or cutlets).
2. Fry until crisp and golden brown. This may require you to do in 2 batches.
3. Add gravy. To make gravy, combine oil or melted butter and flour over medium-low heat to form a roux. Once it becomes a pale, golden color, add milk and simmer until thickened. Add herbs and seasonings. Simmer one minute and serve over cutlets.

## Notes:

\*Mushrooms can be chopped using a processor using the “pulse” setting but be sure you don’t create mushroom paste.