STUFFED PORTOBELLO MUSHROOM

Makes 4 servings.

This is an attractive, nutritious Winter luncheon dish in which the mushroom tops become a saucer-like container for the tasty filling. You can assemble the whole dish earlier in the day, refrigerate it and bake it when needed. This is a simplified version of the recipe that I have in my last cookbook, *Helen Nash's New Kosher Cuisine*.

INGREDIENTS

- 1/3 cup brown rice (See Note)
- 2/3 cup water
- 2 poblano peppers
- 4 tablespoons extra-virgin olive oil
- 1 medium onion, finely chopped
- 5 ounces baby spinach, coarsely chopped (See Note)
- 4 ounces shredded sharp cheddar cheese
- ½ cup loosely packed cilantro leaves
- 4 large Portobello mushrooms, about 5 inches in diameter
- Kosher salt
- Freshly ground black pepper
- Bibb lettuce or frisee, lightly tossed with olive oil

PREPARATION

1. Bring the rice, 1/4 teaspoon salt and water to a boil in a small saucepan over high heat.

Lower the heat and cook, covered, until the rice is almost tender, about 30 minutes. Transfer to a medium bowl.

2. Preheat the broiler.
3. Cut the peppers in half lengthwise, core and seed them. Place them, skin-side up, on a broiler pan lined with foil.
4. Broil them close to the heat source until the skin is blistered and charred. Cover with foil and let rest for a minute. The heat will loosen the skin. Peel and chop finely and add to the rice.
5. Preheat over to 350F.
6. Heat 1 tablespoon of oil in a wok. Add the onion, cover and sauté, over low heat, until the onion is soft. Add to the rice.
7. Add another tablespoon of oil to the wok and all of the spinach. Sauté over high heat until spinach is just beginning to wilt.
8. Add to the rice along with the cheese and cilantro. Combine well and season to taste with salt and pepper.
9. Cut off and discard the mushroom stems, if any. Wipe the mushroom caps with a damp paper towel and rub them with the remaining 2 tablespoons oil. Sprinkle the mushroom caps with salt and pepper.
10. Spoon the filling equally in the center of each cap. Place in a baking pan covered with foil (you can make the recipe ahead of time up to this point. Cover with cling wrap and refrigerate).
11. Bake for about 30 minutes, or until the filling is very hot and the mushroom caps seem a bit wilted (if you have refrigerated the mushrooms before they may require a little longer to bake).
12. Serve the mushrooms with dressed greens and let stand for 15 minutes.

NOTE

I prefer to use premium Japanese brown rice, medium grain, as it is much creamier than other kinds of brown rice.

I coarsely chop all of the spinach, in batches, in a food processor fitted with the steel blade.