

Portabello Mushroom Stacks with Tumeric Sauce

2 T olive oil, plus extra to coat baking dish

1-1/2 - 2 T "red" vinegar - red wine, apple cider; or balsamic

1/4 - 1/2 tea. ground tumeric

black pepper to taste

1/8 tea. or about a pinch of ground cayenne

1 medium-size garlic clove, crushed and finely minced

1-2 small scallions (green onions), chopped fine

2 portabello mushroom caps, stems removed, any surface dirt wiped off

veggies cut into very fine dice: carrot, shiitake mushroom caps (stems removed) and small or medium button mushrooms

1 small tomato, seeds and core removed, diced

baby spinach leaves, about 6 (or substitute 2 mature leaves)

parmesan or other hard cheese, grated

2 slices swiss cheese

Preheat oven to 425 degrees F. Coat baking dish (ceramic, glass or metal) with a thin film of olive oil. Combine the first five ingredients in a measuring cup, adjusting to your liking with each addition. Add the white and palest green parts of the scallions, reserving the darker greens for later. Emulsify well.

Pierce the portabello caps with a fork randomly, especially in the thick center part-way or all the way through; lay on baking dish gills-side up. Pour 1/3 - 1/2 of the sauce over the caps, then layer the various chopped veggies, including the reserved darker parts of the scallions, over the caps. Layer the spinach leaves atop the veggies, pour the remaining sauce over all of it.

Grate the parmesan over the stacks as much or as little as you wish; layer 1 slice of swiss cheese over each, grate on a bit more parmesan if you like, and finish off with a few more rounds or pinches of black pepper. Place the baking tray in the middle of the oven and bake until the very center of the mushroom are fork-tender all the way through, about 9-12 minutes. Remove from oven and let sit a couple of minutes if you like to let the juices settle. Pour some of the juices over the stacks when serving, reserving the rest for salad dressing (below). Serves 2.

Salad dressing (optional): Let the remaining pan juices and crunchy bits cool a little, then emulsify with some tangy plain yogurt or keifer, a splash more vinegar or lemon juice, and seasonings (salt, pepper, etc) to taste. Especially good over arugula, escarole or spinach. *-Janice Janostak-*