

Recipe Name: Bavarian Mushroom Sauce Recipe
Diet Type: Vegetarian
Course: World Breakfast
Cuisine: Mexican
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 250 grams Button mushrooms - chopped	1
• 2 tablespoons Butter	
• 2 sprigs Mint Leaves (Pudina) - chopped	
• 2 sprigs Parsley leaves - chopped	
• 2 tablespoons All Purpose Flour (Maida)	
• 3/4 cup Milk	
• 1/4 cup Fresh cream	
• 1/2 teaspoon Black pepper powder	
• Salt - to taste	

Preparation

- To start making Bavarian Mushroom Sauce Recipe, first begin by melting some butter in a saucepan on low flame.
- Once butter is melted, add chopped mushrooms and saute them lightly until they turn soft.
- They will release a lot of water at this stage.
- Allow some of it to dry out.
- Add all purpose flour and stir well.
- Next, gradually add the milk and cream, stirring continuously to avoid the flour from forming lumps.
- Stir constantly until the milk is thickened.
- It should be thick enough to coat the back of the spoon.
- Sprinkle the mint leaves and chopped parsley next.
- Turn off the heat and add required salt and pepper.
- The mushroom sauce is now ready to be served.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
150	4	10	12	1	2

