

# Mushroom Kugel

Recipe By *Brynie Greisman*



family table

Mishpacha

Cooking and Prep:  1 h

Serves:  13

Contains:   

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Shabbat

**Diet:** Vegetarian, Pescetarian,

Low Fat

**Source:** Family Table by

Mishpacha Magazine

**Cuisines:** Ashkenazi

This couldn't be easier or better! I sent this once to a friend for Shabbat and her family loved it. It's a welcome change from the usual potato or zucchini kugel.

It's great for during the week with fish or chicken, but nice enough for Shabbos. Thanks, Ditza!

## Ingredients (9)

### Main ingredients

- 1/4 cup (50 grams) margarine (use soy-free, if needed), or a scant 1/4 cup oil
- 2 onions, diced
- 2 medium cans sliced mushrooms or 1 can and 1 box fresh mushrooms, sliced
- 1 teaspoon mushroom soup mix, without MSG

- 6 tablespoons white flour or **Shibolim Whole Wheat Flour** or other whole wheat pastry flour
  - 2 teaspoons **Haddar Baking Powder**
  - 4 eggs
  - salt, to taste
  - pepper, to taste
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## Start Cooking

### Prepare the Kugel

1. Preheat the oven to 350 degrees Fahrenheit (180 degrees Celsius).
2. Heat the margarine or oil in a frying pan over a medium flame.
3. Add the onions and sauté them until they are golden.
4. Add the mushrooms and sauté a few more minutes.
5. Remove the pan from the flame. Add the rest of the ingredients and mix well.
6. Pour the mixture into a 9-inch round pan and bake for 45 minutes.

**Note:** In a recipe like this where the mushrooms are brown, and therefore the kugel itself is brown, it's a pity not to use the whole wheat pastry flour. It's completely camouflaged and nobody would ever know the difference. Also, if you don't use soup mix, even without MSG, just season a little heavier.

**Tip:** When I doubled the recipe, I used half oil and half sugar-free apple sauce and it was perfect.

**Variation:** Healthier version: whole wheat pastry flour instead of white flour, 1 box mushrooms substituted for one of the cans, 3 tablespoons unsweetened applesauce substituted for 3 of the tablespoons of oil (leaving 1 tablespoons of oil in).