

Mantar Sote

Traditional Turkish mushroom sauté (Mantar Sote) with tender mushrooms, onions, and tomatoes. Easy vegetarian recipe ready in 35 minutes.

15	20	35	4	Easy
HAZIRLIK DK	PİRME DK	TOPLAM DK	PORSİYON	ZORLUK

Mantar Sote

Malzemeler

- 300 g mushroom
- 1 onion
- 2 green pepper
- 1 tomato
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp chili flakes

Yapılış

- Prepare the vegetables**

Clean and slice 300g mushrooms into 1/4-inch thick pieces. Finely dice 1 onion and 2 bell peppers into small, uniform pieces.
- Cook the aromatics**

Heat 2 tablespoons oil in a large skillet over medium heat (160°C/325°F). Add the diced onion and bell peppers, stirring frequently until softened and translucent, about 5-6 minutes.
- Add the tomato**

Add 1 diced tomato to the pan and season with 1 teaspoon salt. Cook over medium-low heat, stirring occasionally, until the tomato breaks down and releases its juices, about 4-5 minutes.
- Add the mushrooms**

Add the sliced mushrooms to the pan and sprinkle with 1 teaspoon black pepper. Stir well to coat all ingredients evenly.
- Cook the mushrooms**

Cook over medium-low heat for 12-15 minutes, stirring occasionally, until the mushrooms are tender and have released their moisture and most liquid has evaporated.
- Finish and serve**

Taste and adjust seasoning with additional salt and pepper if needed. Serve immediately while warm.

Notlar

Choose mushrooms that are firm and dry with no dark spots or slimy texture. Fresh mushrooms will give the best flavor and texture to your sote.

Don't overcrowd the pan when cooking mushrooms, as this will cause them to steam rather than sauté, resulting in a watery dish.

Cook the onions until they're truly soft and translucent before adding other ingredients – this creates the flavor foundation of the dish.

Let the tomatoes cook down completely to avoid a watery sauce. The natural juices should reduce and concentrate for the best flavor.

Season gradually and taste as you go. The mushrooms will release their own juices, which can dilute the seasoning.

For deeper flavor, let the dish rest for 10-15 minutes after cooking before serving, allowing all the flavors to meld together.

If the dish seems too dry during cooking, add a tablespoon of water or vegetable broth rather than more oil to maintain the proper consistency.