

Pork & Mushroom Porcini-Style Cream Spaghetti

豚肉ときのこのポルチーニ風クリーム スパゲッティ

Serves: 2 | Pan: 26 cm skillet or sauté pan |
Pasta: spaghetti



Ingredients

Pasta:

- 180 g spaghetti (スパゲッティ)

Protein:

- 180–200 g pork steak or thin pork slices (豚肉) Trim excess fat well

Mushrooms:

- 80 g maitake (舞茸)
- 80 g shimeji (しめじ)
- 5–7 g dried chanterelles (乾燥シャントレル)

Sauce Base:

- 1 tsp / 5 g garlic, minced (にんにく)
- 40 g red onion, thinly sliced (赤玉ねぎ)
- 120 ml soy milk (豆乳)
- 60 ml cream
- 20 g Parmigiano Reggiano (パルミジャーノ・レッジャーノ)
- 1 tsp Dijon mustard

Seasoning:

- ¼ tsp salt + pinch MSG (塩+MSG)
- Black pepper
- Optional: pinch thyme

Finishing:

- 10 g walnuts, finely chopped (くるみ)
- Extra Parmesan for serving
- Parsley, chopped (パセリ)

Cooking:

- 2 T / 28 g olive oil (オリーブオイル)

Instructions

1. Soak **dried chanterelles** in warm water for **20–30 minutes**.
 - Strain soaking liquid carefully through paper towel or coffee filter.
 - **Reserve 60 ml soaking liquid.**
2. Tear **maitake** into bite-size pieces.
3. Heat **1 T olive oil** in skillet over **medium-high heat**.
4. Add **maitake**.
 - Cook until edges become crisp and deeply browned.
 - Transfer to plate.
5. Add remaining **olive oil**.
6. Add **pork**.

- Brown aggressively.
- Do not overcrowd pan.
- 7. Add **shimeji** and **red onion**.
 - Cook until mushrooms soften and moisture evaporates.
- 8. Add **garlic** and optional **thyme**.
 - Cook **30 seconds**.
- 9. Add reserved chanterelle **soaking liquid**.
 - Reduce slightly.
- 10. Add **soy milk** and **cream**.
 - Bring to **gentle simmer**.
- 11. Stir in **Parmesan** and **Dijon mustard**.
 - Sauce should become silky and lightly thickened.
- 12. Meanwhile cook **spaghetti** until just al dente.
 - **Reserve 60–80 ml pasta water**.
- 13. Add **spaghetti** to sauce.
 - Add small amount pasta water if needed.
- 14. Return crisp **maitake** to pan.
 - Toss gently.
- 15. Season with **black pepper** and **salt + MSG** as needed.
- 16. Serve topped with:
 - extra **Parmesan**
 - **parsley**
 - **walnuts**

Nutrition

Per serving: Kcal: 760 | Protein: 36 g | Fat: 32 g | Sat Fat: 10 g | Carbs: 74 g | Sugars: 5 g | Fiber: 5 g | Sodium: 640 mg | Omega-3: 0.4 g

Total dish: Kcal: 1520 | Protein: 72 g | Fat: 64 g | Sat Fat: 20 g | Carbs: 148 g | Sugars: 10 g | Fiber: 10 g | Sodium: 1280 mg | Omega-3: 0.8 g

Notes

- Dried chanterelles work very well as a porcini substitute here.
- Crisp maitake is the signature texture contrast of the dish.
- Avoid boiling the cream sauce aggressively after adding cheese.
- Black pepper is important for balancing the richness.
- This style of pasta is best served immediately.

Pork & Mushroom Cream Spaghetti — 4 Serving Scaling Notes

豚肉ときのこのクリームスパゲッティ 4人分調整ガイド

General Scaling

- This recipe scales very well to 4 servings.
- Most ingredients can simply be doubled.
- However, mushroom browning and pan size become much more important.

Recommended Pasta Amount

- Recommended spaghetti amount for 4 servings:
 - 320–360 g spaghetti
 - 340 g is ideal for best sauce balance
- Avoid using a full 400 g unless you prefer a drier pasta style.

Sauce Scaling Adjustment

Instead of fully doubling the cream and liquid:

Recommended:

- 200 ml soy milk (豆乳)
- 90–100 ml cream

This keeps the sauce rich without becoming soupy.

Mushroom Browning Notes

- Brown mushrooms aggressively.
- Do not overcrowd the skillet.
- Cook in batches if necessary.
- Crisp maitake separately for best texture contrast.
- Proper mushroom browning is the key restaurant-style flavor step.

Pan & Equipment Recommendations

- Use the largest skillet or sauté pan available.
- A wide pan promotes evaporation and browning.
- Warm serving bowls if serving guests.
- Cream-based pastas cool quickly.

Pasta Water Notes

- Reserve at least 200 ml pasta water for a 4-serving batch.
- Add gradually while tossing pasta to maintain silky sauce texture.

Optional Additions for 4 Servings

- Small amount asparagus tips
- Small amount green peas
- Extra Parmesan at table
- Additional black pepper

Final Recommendation

This dish becomes especially impressive at 4 servings as long as the mushrooms and pork are properly browned and the sauce remains lightly emulsified rather than heavy.