

Mushroom a la grecque

with roasted sweet potato and baby onion salad

Serves 4



Mushrooms a la grecque

Ingredients:

125ml Water or chicken stock
50ml White wine vinegar
75 ml Olive oil
30ml Lemon juice
pinch saffron threads
1 sprig rosemary
1 sprig thyme
1 bay leaf
2 cloves garlic, crushed
5 black pepper corns
5 coriander seeds
250g baby button mushrooms, cleaned and trimmed
15ml olive oil
Salt to taste
5ml chopped chives
5ml chopped dill
5ml chopped parsley

Method:

1. Combine the chicken stock/water, vinegar, olive oil, lemon juice, saffron, rosemary, thyme, bay leaf, garlic, pepper corns and coriander seeds (first 11 ingredients) in a saucepan and simmer gently for 20 minutes.
2. In the mean time warm up the 15ml olive oil and sauté the button mushrooms in batches (don't crowd the pan) until golden brown, drain, season and transfer to a storage container.
3. Strain the pickling liquid made in step one and pour the warm liquid over the sautéed mushrooms.
(At this stage the pickled mushrooms can be stored for up to a week in the liquid. The longer the mushrooms marinate the nicer they will be.)
4. To prepare the mushrooms for the salad, strain all the liquid off and combine the mushrooms with the chopped chives, dill and parsley.

Balsamic and red pepper dressing

Ingredients:

¼ of a large onion, finely chopped
¼ of a red pepper, seeded and finely chopped
50ml Balsamic vinegar
150ml Olive oil
¼ tsp salt

Method:

Sauté the onion and red pepper in 50ml of the oil for about two minutes. Add the vinegar, salt and the rest of the oil and bring to a quick simmer. Allow to cool then strain, press the solids to remove as much liquid as possible.

Salad

Ingredients:

200g mushrooms a la grecque (recipe above)
500g sweet potatoes, peeled and cut into 1.5cm x5cm long chips
160g baby onions, peeled and halved, but keep the root attached (clean it properly)
50ml olive oil
30g walnuts, chopped
25 leaves of wild rocket, washed and trimmed
80ml balsamic dressing (recipe above)
Maldon Salt

Method:

1. Combine the sweet potato chips, quartered baby onions and olive oil in a roasting tray, sprinkle with Maldon salt and roast in a 180 °C until soft. (Keep an eye on the onions – you don't want the edges to burn). Once soft and slightly brown keep at room temperature.
2. Gently dress the rocket leaves with the balsamic dressing.
3. Place 1tbsp balsamic dressing at the bottom of the plate, then arrange the sweet potato and roasted onions on it, add the mushrooms on top and in between, drizzle with more dressing then arrange the rocket leaves in-between, sprinkle with the walnuts and season with a bit more Maldon salt.