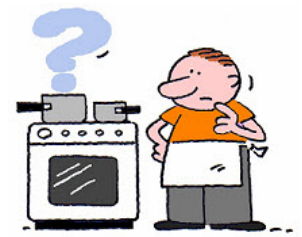


# Warm mushroom salad



## Ingredients - 4 portions

Flat mushrooms	8
Button mushrooms	200g
Chestnut mushrooms	240g
Red onion	80g
Rocket lettuce	150g
Watercress	150g
Lemon	1
Sweet chilli sauce	2 tbs
Tarragon dressing	to taste
Pine nuts	40g
Double cream	200ml
Olive oil	2 tbs
Vegetable oil	for frying
Parsley	garnish
Sea salt / pepper	to taste
Balsamic syrup	garnish
Brandy	4 tbs

## Mise en place

- Make the tarragon dressing and store in the fridge until required
- Peel the flat mushrooms and remove the stalks. Place on a baking tray, season and drizzle over the olive oil
- Using a clean, damp cloth, wipe the other mushrooms. Leave the button mushrooms whole. Cut the chestnut mushrooms into quarters
- Peel and finely dice the red onion
- Zest the lemon using a fine grater. Cut the lemon in half and squeeze out the juice into a small bowl, removing any pips. Add the zest and mix together.
- Roast the pine nuts.
- Chop the parsley.
- Pre-heat the oven to 190°C (Gas Mark 5)

## Method

- Put the flat mushrooms into the oven and roast for approximately 12 minutes
- Meanwhile, heat the vegetable oil in a wok or large frying pan. Add the onion and stir-fry for about 30 seconds. Add the button and chestnut mushrooms and continue to stir-fry for a further 5 minutes. Season to taste
- If you are using brandy, now is the time to add it to your pan. Carefully pour in the brandy and tip the wok or frying pan slightly. The brandy should ignite. It will only flame for a few moments, burning off the alcohol. When the flame dies away, add the lemon zest and juice and the sweet chilli sauce
- Remove from the heat and add the cream. Check the seasoning and keep warm

# Warm mushroom salad

## .....continued



- Remove the flat mushrooms from the oven and keep warm
- If you are using it, draw a few lines of balsamic syrup across the plates
- In the centre of the plates, make two small nests of rocket leaves. Place a flat mushroom onto each nest. Spoon over the other mushroom mixture and top with a little tarragon dressing
- Spread the watercress loosely around each plate. Sprinkle with roasted pine nuts and chopped parsley. Serve immediately

