

Cauliflower mushroom vol-au-vents

Recipe for 4 people

500 g cauliflower mushrooms
8 dl vegetable stock
olive oil
2 dl white wine
cream
lemon juice
2 tbl cornflour
freshly ground pepper
sea salt



Clean the mushrooms from top to bottom, rinse under cold running water, drain and cut into pieces

Take a pan and heat up the olive oil, add the cauliflower mushrooms and quickly fry. Add salt and pepper and white wine. Cook for a few moments then add the vegetable stock. Leave to simmer slowly on a low heat for a few minutes. Mix a little water with the cornflour to make a paste. Add to mushrooms and stir slowly. Add cream. Remove from heat and add a dash of lemon juice and white wine.

At the same time, heat up the vol-au-vents in an oven at 180°C.

Place the vol-au-vents on warm plates, fill them and garnish with chopped chervil.

Serve with a mixed salad.

Tip
Nearly all types of mushroom can be used for this filling.

Perch filets with blusher mushrooms

Recipe for 4 people

200 g blusher mushrooms
400 g perch filets
half a lemon
2 tbs flour
2-3 tbs butter
1 dl white wine
freshly ground pepper
sea salt



Prepare the mushrooms by lightly wiping them clean. Only very dirty mushroom should be washed under cold running water and drained. Cut into strips.

Fry the mushrooms in some melted butter. Add salt and pepper. Add white wine and leave to simmer for 12 minutes.

Drizzle the perch filets with the lemon juice and coat them in flour. In a separate pan fry them gently on both sides in melted butter.

Serve fish and mushrooms on warm plates.

Best served with boiled potatoes sprinkled with dill (or with boiled rice).

Tip
Goes down nicely with a glass of white wine!

Bay bolete mushrooms with saffron

Recipe for 4 people

600 g bay bolete mushrooms
2 tbs olive oil
2 dl white wine
saffron threads and saffron powder
3 dl vegetable stock
freshly ground pepper
sea salt



Wipe the mushrooms clean and cut into stripes, leaving small mushrooms whole or halved. Only rinse if necessary.

Fry the mushrooms in olive oil. Add saffron powder, salt and pepper. Add the white wine and simmer for a moment before adding the stock. Leave to cook gently for at least 10 minutes.

Serve in boiled rice rings (eg. Basmati) and sprinkle with a few threads of saffron.

Tip

A "fast food" vegetarian dish.

Risotto with hedgehog mushrooms

Recipe for 4 people

400 g hedgehog mushrooms
200 g risotto rice
2 tbs olive oil
6 dl beef stock
a few basil leaves
80 g parmesan cheese
freshly ground pepper
sea salt



Wipe the mushrooms clean and slice them. If very dirty, rinse under cold running water.

Heat the olive oil in a pan. Add the rice and cook for a minute or two. Add some of the stock and, stirring all the time slowly add the rest.

In another pan, heat the oil and gently cook the mushrooms, adding salt and pepper. Cook for approx. 8 minutes, until most of the juices have disappeared.

Just before the risotto is ready, add the mushroom mixture and cook for a further 2 minutes. Remove from heat and stir in the parmesan cheese.

Serve garnished with basil leaves.

Excellent eaten with a mixed salad with Italian dressing.

Tip

Any mushrooms may be used.

Sliced pork with black chanterelles

Recipe for 4 people

300 g black chanterelles
500 g sliced pork
3 tbs olive oil
2 dl beef stock
2 tbs soy sauce
2 tbl mustard
1 bunch of parsley
freshly ground pepper
sea salt



Gently separate the chanterelles and clean under cold running water. Drain well.

Heat the olive oil in a pan and add the black chanterelles. Cook quickly, add salt and pepper, remove from the pan and put to the side.

Reheat the oil and add the meat, turning all the time. Season with salt and pepper and stir in the mustard and soja sauce. Add the mushrooms and the stock and simmer gently for 8-10 minutes.

Serve with fried potatoes and garnish with chopped parsley.

Tip

Other chanterelle mushrooms may be used.