

Slow Roasted Mushrooms with Creamy Polenta

Serves: 1

Prep time: 10 Minutes

Cooking time: 20 Minutes

Ingredients:

- 40g oyster mushrooms, halved
- 50g fresh shiitake mushrooms, halved
- 50g Swiss brown mushrooms, halved
- 1 extra Swiss brown mushroom, chopped
- 70g cherry tomatoes, cut into quarters
- 3 thin slices of red onion
- ½ clove garlic, grated
- ½ tablespoon olive oil
- 1 dried porcini mushroom
- ¼ cup boiling water
- ½ cup milk
- ¼ cup cold water
- 30g polenta
- 50g butter
- 10g finely grated parmesan cheese
- ¼ cup chopped flat leaf parsley
- 1 tablespoon chopped fresh chives



Wow, A different flavour with every mouthful

*Optional Garnish

- 1 small handful Enoki mushrooms
- 1 teaspoon plain flour
- 1 teaspoon rice flour
- oil for frying
- salt and pepper to taste

Method:

Preheat oven 160°

- Soak the porcini mushroom in boiling water for 15 minutes, Drain and ***reserve the water**, and finely chop the mushroom
- Combine remaining mushrooms with tomato, onion, garlic and oil
- Spread onto a roasting tray and bake until mushrooms are just tender, (approx. 20 minutes)
- Stir herbs gently into the mushroom mixture
- **Meanwhile**, bring the ***reserved water**, milk and cold water to the boil and gradually stir in the polenta, reduce heat and simmer, stirring for 5 minutes until polenta starts to thicken. Add chopped **porcini** mushroom, butter and cheese. Stir until creamy and smooth
- Spread the polenta onto a serving plate and top with the herb and mushroom mixture

*Option Garnish

- Cut the ends off the Enoki mushrooms, then combine the flours and coat mushrooms well.
- Deep fry in hot oil until crispy and golden
- Top the mushroom mix with fried mushrooms, (if desired)
- Season with salt and pepper