



Mushroom and Chestnut Casserole

Mushrooms are such a unique vegetable. They really shine in this recipe where the slight acidity of the apples and warm fragrant flavours of cloves and herbs bring the best out of them. Regards the selection of mushrooms, you can use any variety and this recipe goes extremely well with chicken, duck, quail, pork, veal, beef and lamb.

Estimated Preparation Time; 5 minutes

Completion Time; 15 minutes

Skill Level; easy

Serving Size; 1

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Equipment;

Pot with Lid

Spatula or Wooden Spoon

Ingredients

1 tablespoons butter or any other cooking oil of your liking

1 spice clove crushed (use the bottom of a pan to crush it)

½ clove of garlic peeled and crushed

¼ onion peeled and cut into crescents

¼ granny smith apple cut into three wedges and seeds removed

Needles of 2 sprigs of thyme or ½ teaspoon of dried oregano

8-9 mushrooms of your choice (button, shitake qyster etc)

1 tablespoon chopped parsley

1 pinch of salt

1 pinch of pepper

Method

1; Heat the pan for 1 minute on a high heat

2; add the butter

3; add the spice clove

4; add the garlic

5; add the onion and cove with the lid

6; reduce the heat to low and cook for 3 minutes

7; remove the lid and stir through



- 8; add the apples
- 9; add the thyme and cover again with the lid
- 10; cook for another 2 minutes
- 11; remove the lid and increase the heat
- 12; add the mushrooms
- 13; cook stirring occasionally for 3 minutes
- 14; add salt
- 15; add pepper
- 16; add parsley and stir through and serve

Note;

The recipe tastes best when fresh and leftovers can be reheated. Freezing is not suitable

What can you serve with?

Chicken, duck and quail or pork or veal or beef and lamb or lamb or chicken liver