

White mushroom and shiitake stew with miso sauce, fried onions and herb oil |

Recipe for 12 tapas



Description

A comforting simmer of mixed mushrooms in a rich, flavorful sauce.

Note

It's important to check the seasoning after mixing the miso with the stew, as the stew is very salty.

Ingredients

Roasted potatoes

- 500 Gr Fingerling potatoes
- 2 Clove(s) Garlic
- 2 Sprig(s) Thyme
- Butter
- Salt and pepper

Herb oil

- 100 Ml Olive oil
- 2 Sprig(s) Tarragon
- 2 Sprig(s) Parsley
- 15 Ml Lemon juice

Mushroom stew

- 125 Gr Chopped shallot
- 1 Clove(s) Chopped garlic
- 125 Gr Shiitake mushroom
- 150 Gr Button mushrooms
- 125 Ml White wine
- 1 Sprig(s) Thyme
- 250 Ml 35% cooking cream
- 20 Gr Dijon mustard
- 15 Gr Miso
- Butter
- Salt and pepper

Topping

- 4 Tbsp Fried onions
- Butter
- Salt and pepper

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Preparation

- Preparation time **45 mins**
- Preheat your at **0 F°**

Set up

Clean the mushrooms and cut into small pieces.

Finely chop the shallot.

Chop the garlic cloves and thyme.

Place the whole ratte potatoes in a pan of cold water. Bring to the boil, add salt and cook until tender. Drain and slice into 0.5 cm rounds.

Mushrooms stew

Wash and chop the mushrooms.

In a frying pan with butter, sweat the shallots, garlic and thyme, then add the mushrooms. Cook for a few minutes, then deglaze with the white wine, lower the heat and reduce gently. Add the cream and cook again to taste. Finish with the mustard and miso and set aside.

Herb oil

Throw all the ingredients in the blender and mix everything well until a smooth and homogeneous texture is reached. Season & reserve.

Potatoes

In a non-stick frying pan over high heat, brown the potato slices with the chopped garlic and thyme in a drizzle of oil until crisp. Season with salt and pepper.

On the plate

Place the roasted potatoes in the bottom of your ramekins and drizzle with the mushroom simmer.

Finish by adding a little herb oil and a pinch of fried onion.

Bon appétit!