

# recipe



Local service...National scale

## Wild Mushroom Tart with Garlic Puree - vegetarian

A delicious treat bursting with healthy goodness.

### Ingredients

#### For the garlic purée

2 whole garlic bulbs  
100 ml double cream

#### For the onion topping

1 large onion, chopped  
40 g butter

#### For the pastry

1/2 x 375g ready-rolled sheet  
puff pastry  
Leaves from 2 thyme sprigs

#### For the filling

1 garlic clove  
50 g butter  
300 g wild and exotic  
mushrooms  
100 ml vegetable stock  
2 tbsp chopped parsley  
Salt and freshly ground pepper

<b>SERVES</b>	4
<b>PREPARATION TIME</b>	40 minutes
<b>COOKING TIME</b>	20 minutes

#### EACH SERVING CONTAINS

Calories:	490kcal	25% GDA
Sugar:	3.5g	4% GDA
Fat:	44g	63% GDA
Saturates:	26g	130% GDA
Salt:	0.8g	14% GDA

GDA - Guideline Daily Amount

### Method

1. For the purée, peel all the garlic cloves, cover with water and bring to the boil three times, using fresh water each time. Finally, drain and just cover with the cream. Simmer until tender, reducing the cream by half. Whizz/blend while hot, season and set aside.
2. Over a low heat, sauté the onion in the butter for 15-20 minutes until the moisture is reduced. Preheat the oven to 190C, 375F, Gas 5.
3. Prick the pastry thoroughly with a fork to stop it from rising too much, then smear with a light coating of garlic purée and all the onion. Sprinkle with the thyme and cook at the top of the oven for about 20 minutes until crisp.
4. For the filling, sauté the whole garlic clove in half the butter. When the garlic has coloured, add the mushrooms, cook for 2 minutes more, then add the stock and cook on a high heat until almost dry. Remove the garlic, add the remaining butter and the parsley, season and pile onto the pastry base. Serve in slices, with a little of the garlic purée on the side.