

Fricassée of Wild Mushrooms

Serves 4

Ingredients

For the fricassée of wild mushrooms

A mixture of wild mushrooms, such as:

30g Chanterelle

30g Girolle

30g Pied Bleu

10g Black Trumpets

40g Unsalted butter

20g Chopped shallots or onions

80ml Dry white wine, boiled for 30
seconds or 1 minute

Salt and pepper

Lemon juice

For finishing

5g Chopped shallots

2g Garlic, pureed

8g Flat parsley, chopped coarsely

40g Diced tomatoes, skin on

20 French stick croutons, lightly
toasted

For cleaning the mushrooms:

Scrape and remove all things reminiscent of the forest. Wash briefly in plenty of water. Place on a clean towel and reserve.

For cooking the mushrooms:

Sweat the shallots in butter on a low heat for 1 minute. On full heat, add all the wild mushrooms apart from the black trumpets. Add a pinch of salt and pepper and a drop of lemon juice. Cook for 1 minute. Add black trumpets and cook for a further 30 seconds. Add the white wine. Add the persillade and diced tomatoes, adjust the seasoning and serve to your guests.

Chef's Notes

Try at all times to use organic produce for the best possible flavours and textures. 80% of the dish relies on the freshness and quality of the produce.

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