

Marinated Mushrooms - Juicy and moreish

Try to use mushroom caps that are still closed (with the membrane underneath) as they retain their moisture and are much more succulent. You can sometimes find mushrooms up to 5 cm in diameter with their membrane intact. Use ordinary champignon style mushrooms that are not too tiny or Swiss browns that are not too large. Choose mushrooms that do not need peeling; do not wash the mushrooms as that can add extra moisture, simply wipe clean. Using a sharp knife, slice the stalks off at the base of the mushroom to obtain a flat surface for even frying. Cook the mushrooms quickly over high heat in order to retain juices.

For up to ten people:

- 10 to 20 mushroom caps, approx. 300g
- 1 tbsp extra virgin olive oil
- 1 tbsp butter
- 2 tbsps chopped fresh herbs (parsley, oregano, chives, etc.)
- 1 clove garlic finely chopped
- 1 tbsp lemon juice
- optional: dash cayenne or chopped chilli
- salt and pepper



Method:

Heat the oil in a frying pan until very hot, add the butter and let it sizzle.

Add mushroom caps, cut side down. Cook over high heat for a few minutes, pressing down gently with a spatula, until well browned. Turn and brown the other side, still over high heat.

Turn off heat, add remaining ingredients to pan, stir well. (If you think the mushrooms need more cooking, cover the pan with a lid.) Remove mushrooms, herbs and juice to a bowl.

Marinate for an hour or even or for a few days refrigerated. Serve at room temperature or slightly warmed up.

Serve:

Serve unaccompanied as a nibble or finger food or make more to serve as an entree.

Equipment:

Frying pan.

Difficulty and Time:

Not difficult (2/5). Several minutes to prepare and 10 to 15 minutes to cook.

Notes and variations:

- Use the stalks for another purpose.
- If you wish to leave the stalks on, you will need to move the mushrooms around in order to brown them a reasonable amount.
- Add cream or sour cream to make mushrooms suitable for breakfast or as an entrée.