

Garlic Mushrooms

SERVES 2

COOKING TIME: 25 MINUTES



Ingredients

2 large cloves garlic, skin removed

2 shallots, skin removed

200g mushrooms (ordinary white mushrooms are fine for this dish, but you could use a selection of your favourite mushrooms instead)

1 desertspoon olive oil

2 tablespoons double cream

1 tbs chopped parsley

black pepper to taste

Directions

1. Prepare your mushrooms by gently wiping any dirt from their surfaces with a piece of kitchen towel – never wash mushrooms as they will absorb the water and become slimy. Slice the mushrooms into chunky pieces and boil them for 3–5 mins: drain.
2. Pour the oil into a flat, shallow frying pan and place over a gentle heat. Finely slice the garlic and shallots and add to the pan. Fry gently for a few minutes, stirring occasionally and ensuring the garlic and shallots do not start to brown or burn.
3. Add the mushrooms and cook for a few minutes. Once they have started to colour, the mushrooms should be cooked, so turn the heat back down quite low and add the cream to the pan along with black pepper according to taste. Stir everything around and heat gently for a couple of minutes and serve on Irish Soda bread, sprinkled with the chopped parsley.