

Mushroom Stroganoff

- 1 kg raw button mushrooms (or a mixture of your favourites)
- 2 large onions (any colour)
- Garlic chopped
- Salt & Pepper
- Worcestershire Sauce (or Henderson's Relish – if you want to keep it 100% vegetarian)
- Tomato puree
- Paprika
- Sherry (or white wine)
- Butter & Milk for roux
- Crème Fraîche Épaisse
- Fresh chopped parsley

Chop up onions quite small & the mushroom in chunks. Fry them off with paprika, salt, pepper and the garlic. I dry fry mushrooms covered with a lid to avoid using too much fat. Onions though do need some oil.

Remove them from the wok/pan/what-have-you & make a thick roux (butter and milk) add sherry, Henderson's Relish (veggie version of Worcestershire Sauce), tomato purée & some water (instead of stock which, unless homemade, is often too salty).

Once nicely blended, add the cooked mushrooms and onions. Heat through. Add some lemon juice. Taste frequently & adjust seasoning as you fancy.

Once ready to serve, stir in some crème fraîche épaisse away from the heat. Add a good handful of fresh chopped parsley & enjoy over noodles or pasta or with rice.

Or in a little bowl as a dip with pita bread 😊

Pop in a chili in when sweating off the onions if you want a hint of 🌶️

Bon Appétit!

Richard

La Belle Demeure, Dordogne