
Typ: Gemüse

Quelle: Nigel Slater: the 30-min-cook, p. 55

Bemerkungen: I have eaten two sublime mushroom tarts in my life; the first at a small hotel in Austria, high in the mountains in mid-autumn, and the second in Soho, at Alastair Little's eponymous restaurant. I doubt whether either included frozen puff pastry in their recipe, but I do in mine. White button mushrooms will yield little joy. Go for dark brown, medium-cupped mushrooms or huge field ones, sliced into wedges. Garlic, in this instance, is pretty much obligatory.

26 Aug 20: Rezept abgewandelt: zuerst eine fein gehackte Schalotte mit dem Knoblauch in Butter andünsten, dann die Pilze hinzufügen und braten. Den Blätterteig zu einem möglichst großen Rechteck ausrollen, dann die Ränder 2 cm nach innen umklappen und die Pilzfarce nur innen verteilen. (Dann braucht man keinen Blätterteig wegzuwerfen.)

Zutaten: FOR 2

250 g mushrooms, wiped
2 cloves of garlic, sliced
50 g butter, softened but not melted
1 tablespoons chopped parsley
175 g puff pastry, defrosted

Rezept: Preheat the oven to 220°C. Cut the mushrooms into bite-sized pieces, quarters for the small to medium-cup variety, chunks for the big flat field mushrooms. Mix the butter with the garlic. Fry the mushrooms in a shallow pan with half the butter, adding a little more butter or olive oil if they have soaked it all up. Stir in the parsley.

On a lightly floured surface roll the pastry into a rectangle approximately 20 x 13 cm. Lift carefully on to a baking sheet. Using a sharp knife, score a smaller rectangle 4 cm from the edge, cutting only halfway through the layer of pastry. Scoop the mushrooms from the pan and place them on the innermost rectangle, trying not to let them hang over the outer rim. Place in the hot oven and bake for 15 minutes till the pastry is risen. Dot with the remaining butter then close the door for another 5-7 minutes till the pastry is golden and the mushrooms sizzling. Serve straight from the oven, before the pastry has time to go soggy.

* Puff pastry keeps in the freezer compartment of the fridge for weeks, and takes about an hour to thaw. Most of it is pretty good, particularly if somewhere along the line you can add a bit of butter, which will give it a better flavour. The garlic butter in which the mushrooms are cooked here will help the flavour of the pastry enormously. Chilled fresh puff pastry is good too, if your super-market is up to stocking it.