## MUSHROOM CASSOULET

Autumn ALC menu 2024 Vegetarian Vegan Mains Starter Plate I Cassoulet dish I Chip pot

Fable mushroom
1 pinch salt & 10ml Veg oil
Fable mushroom glaze DK

15g Garlic oil SR

60g Chestnut mushrooms - cooked

1 pinch salt

5ml Cab sav vinegar
280g Harissa beans mix SR
1g Parsley chiffonade
2 slices Sourdough baguette

10g Garlic oil

1 each Toulouse sausage (optional)



TOULOUSE

## PREP JOBS

- 1. Make the Harissa beans mix as per SR
- 2. Bake baguette from frozen at 180°c for 14 min
- 3. Prep chestnut mushrooms and cook as per breakfast spec

## **METHOD**

- 1. In a hot sauté pan, fry off Fable mushrooms in veg oil with a pinch of salt until crispy and browned then place in a bowl with the Fable mushroom glaze
- 2. In the same pan, sauté the chestnut mushrooms with garlic oil and salt
- 3. Add harissa beans mix and cab sav vinegar and bring to the boil
- 4. Place in a cassoulet dish and place Fable mushrooms on top then grill under salamander for 2-3 minutes until bubbling and browned then sprinkle with parsley chiffonade
- 5. Toast 1 side of baguette then brush other side with garlic oil and toast until browned
- 6. Serve in a chip pot as per picture
- 7. TOULOUSE SAUSAGE For the sausage version, sauté the sausage at the beginning with the fable mushrooms, slice into 8 slices and add back with the beans.









## SAFETY STEPS

1. Use a white chopping board and white serrated knife to prepare baguettes.

