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Mushrooms on Sourdough Toast



Ingredients

4 thick slices of sourdough bread

1 tablespoon of good olive oil

2 cloves of garlic

300g mixed mushrooms*

1 shallot

A large knob of butter

Salt and freshly milled black pepper

3 tablespoons of crème fraîche

1 lemon

A small bunch of fresh parsley

A few sprigs of fresh thyme

* I used a mixture of cremini, enoki, shitake and oyster mushrooms, but you can use whatever types you prefer.

Preparation

1. Peel the shallot and chop it very finely. Wipe the mushrooms and slice any larger ones.
2. Cut 4 thick slices of bread from a sourdough loaf. Peel the cloves of garlic, crush them slightly and rub all over both sides of the slices of bread. Drizzle on a little olive oil, again on both sides. Heat a griddle pan and toast the bread in the hot pan for a minute or two, then turn the slices over and toast the other side. Keep the toast warm until the mushrooms are ready.
2. 3. Melt the butter in a large frying pan and sauté the chopped shallot for 2-3 minutes to soften it. Add the mushrooms and cook gently for about 5 minutes. Season with salt and pepper then spoon in the crème fraîche and stir well to coat the mushrooms. Chop the parsley leaves and the thyme, reserving a little thyme for garnish, stir in and cook for just a minute or two. Finally, squeeze in just a splash of lemon juice and stir.
3. 4. Cut the slices of toast diagonally, arrange them on two plates and pile the mushrooms on top. Garnish with a little thyme.

Cooks Note

I knew that I needed to make this dish for myself again, the very simplest but most delicious of meals, when I visited my local farmers market this week and saw the fabulous array of mushrooms for sale, along with a stall piled high with a variety of artisan breads, two great fresh ingredients.

I love to use sourdough bread, but you could have brioche, focaccia or even toasted muffins instead.

I used low fat crème fraîche to give a creamy flavour but cut down slightly on the fat content, but double cream and sour cream work well in this dish too.

If you like more garlic in your mushrooms on toast, just add crushed garlic when you sauté the shallot.

Some recipes suggest adding a little wholegrain mustard to the mushrooms.

For a more filling meal, why not pop a poached or fried egg on the top!

You can quickly put it together for breakfast, lunch or a lazy weekend brunch, or make sm