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by Liz Robb

Garlic Mushroom & Goats Cheese Salad with Red Onion Marmalade

Ingredients

Olive oil
1 lemon
2 level teaspoons of Dijon mustard
Salt and black pepper
4 large Portobello mushrooms
80g butter
4 fat cloves of garlic
A handful of fresh parsley
2 small goats cheeses, about 100g each
2 large red onions
1 teaspoon of brown sugar
2-3 teaspoons of balsamic vinegar
Watercress, rocket and babyspinach leaves

Servings
4
Person

Preparation

1. 1. Preheat the oven to 190 degrees, 170 degrees fan oven.
2. 2. Make the salad dressing. Whisk together 2-3 teaspoons of olive oil, 2 tablespoons of lemon juice and 2 level teaspoons of Dijon mustard. Season with a little salt and black pepper then leave to chill in the fridge.
3. 3. Place the softened butter in a small bowl with 2 cloves of garlic, peeled and crushed, a handful of finely chopped fresh parsley and a drop of olive oil. Season wuth a little salt and black pepper then mash together with a fork.
4. 4. Remove the stalks from the mushrooms and gently wipe them. Brush lightly with olive oil then bake in the oven on a small roasting tray for 10 minutes. Divide the garlic butter between the mushrooms, spreading it in the centre of each one, and then bake for a further 10 minutes.
5. 5. Meanwhile, make the red onion marmalade. Peel, halve and finely slice the red onions. Heat a tablespoon of olive oil in a small saucepan, add the onion and saute gently for 5 minutes. Peel and crush 2 cloves of garlic, stir into the onion and cook for another minute or two. Stir in the sugar and cook very gently for 8-10 minutes, stirring occasionally, until the onion is really soft. Finally, add the balsamic vinegar to taste and cook for 2 more minutes.
6. 6. Heat the grill. Slice the goats cheeses in half, into 4 rounds, then place a round into each mushroom and grill for 2-3 minutes to soften and brown the cheese.
7. 7. Wash and pat dry the watercress, rocket spinach leaves. Serve a baked mushroom on top of a bed of salad, dressed with a drizzle of salad dressing, with a spoonful of red onion marmalade on the side.

Cooks Note

This delicious dish makes a fantastic starter course, so simple to put together but full of flavour.