



We found some Shaggy Ink Caps very close to home this morning, so there?s a Crustini in there somewhere!

Ingredients:-

5 Large Shaggy Ink Caps, sliced

4 Slices of (Gluten free) Sour Dough Bread which was FOC as it was at the end of it?s life!

200ml Chicken Stock

2 Cloves of Lacto - Fermented Garlic, minced (Home Brewed!)

1 Small Onion, finely diced

Home Grown Basil, chopped

A squeeze of Lemon

Salt & Pepper

Grated mature Cheddar

Home grown Parsley to garnish

Oil

Method:-

(1) Saute the Onions in a little Oil for a couple of minutes and then add the Garlic.

(2) Season with Salt & Pepper.

(3) Add the Chicken Stock.

(4) Add the foraged Mushrooms.

(5) Simmer for a couple of minutes.

(6) Add the Basil.

(7) Coat the sliced Sour Dough bread in a little Oil.

(8) Griddle on both sides until browned.

- (9) Sprinkle a layer of Cheese over each slice.
- (10) Layer Mushroom mix over the Cheese.
- (11) Add a final sprinkle of Cheese over the Mushrooms.
- (12) Grill until Brown.
- (13) Garnish with the chopped Parsley.

Enjoy.