



We're trying to avoid Cheese at the moment as Sue is having a serious issue with Lactose. So this was a recipe Sue found on-line and then hacked to death. Who doesn't use the gills and stems from the Mushroom? Dreadful waste??

Ingredients:-

4 Medium Flat Mushrooms, cored
Olive Oil
2 Tsp of Sumac
The Juice of ½ a Lemon
A drained Tin of Chickpeas, half pureed
2 Cloves of Garlic, minced
2 Tbsp of Tahini
1 Tbsp of Dried Thyme
2 Tsp of Sesame Seeds
½ An Onion, finely chopped
1 Tsp of drained Capers, chopped
1 Tbsp of Garlic Butter
Salt to season

Method:-

- (1) Remove the stem from the Mushroom and scrap out the brown part of the gills.
- (2) Add to a pan with a little Oil, Garlic Butter and the Onion.
- (3) Fry over a low heat until the Onion has softened.
- (4) Drain and allow to cool.

- (5) Mash half of the drained Chickpeas in to a paste.
- (6) Add the Garlic, Salt, Sumac, Lemon Juice, & Capers to the paste and combine.
- (7) Stir the Tahini and Thyme into the remaining whole Chickpeas.
- (8) Pour a little Oil into the hollow Mushrooms.
- (9) Combine the fillings and spoon into the Mushrooms.
- (10) Sprinkle with Sesame Seeds.
- (11) Cook at 180c for minutes.

We had ours with some Steaks I cut from a discounted lump of rump we had in the freezer, peas, battered Prawns etc. Realistically these would make a really good meat substitute. They were vary tasty but also very filling?...