

### RECIPES – WEEK 3

#### Mushroom Stroganoff by Jamie Oliver

20 Minutes

Serves 4

##### Ingredients

800g mixed mushrooms  
2 red onions  
4 cloves of garlic  
8 pickled onions  
8 sprigs of fresh flat-leaf parsley  
Olive oil  
2 tablespoons baby capers  
100ml whiskey  
Smoked paprika  
160g crème fraiche

##### Method

Get all the prep done before you start cooking: trim the mushrooms, tearing up any larger ones and leaving any smaller ones whole, peel and finely slice the red onion and garlic, and finely slice the pickled onions and cornichons. Pick and roughly chop the parsley leaves, finely chopping the stalks.

Place a large non-stick frying pan over a high heat, throw in the mushrooms and red onions, shake into one layer, then dry-fry for 5 minutes (this will bring out the nutty flavour), stirring regularly. Drizzle in 2 tablespoons of oil, then add the garlic pickled onions, cornichons, parsley stalks and capers. After 3 minutes, pour in the whiskey, tilt the pan to carefully flame, or light with a long match (watch your eyebrows!), and, once the flames subside, add ¼ of a teaspoon of paprika, the crème fraiche and parsley, then toss together. Loosen with a splash of boiling water to a saucy consistency, and season to taste with sea salt and black pepper.

Divide between plates, sprinkle over a little paprika, and serve with fluffy rice.

NB. Look out for seasonal wild mushrooms in supermarkets and local farmers' markets – they're absolutely extraordinary and will add so much bonus flavour to this dish.