

Forest Mushroom Fricassée in Puff Pastry

Serves 4 | Preparation time: 20 min | Cooking time: 30 min

Ingredients:

- 500g fresh forest mushrooms (e.g., chanterelles, porcini, morels, or a mix)
 - 1 large yellow onion, finely chopped
 - 4 cloves of garlic, finely minced
 - 2 tbsp unsalted butter
 - 200 ml liquid cream (heavy cream or crème fraîche)
 - Salt and freshly ground black pepper, to taste
 - 1 sheet of excellent-quality puff pastry (all-butter, if possible)
 - 1 egg, beaten (for egg wash)
 - Fresh thyme or chopped parsley (optional, for garnish)
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Instructions:

1. Prepare the Mushrooms:

- Carefully brush the mushrooms clean using a soft brush or damp paper towel.
- Remove any dirt, grit, or small stones — be thorough, especially with wild mushrooms.
- Trim the stems if needed and slice or tear larger mushrooms into bite-sized pieces.

2. Bake the Puff Pastry Shells:

- Preheat your oven to 200°C (400°F).
- Cut the puff pastry into 4 squares or circles (about 10–12 cm across) and place them on a parchment-lined baking sheet.
- Lightly score a smaller circle inside each piece (about 1 cm from the edge), without cutting all the way through — this helps form a border.
- Brush the top with beaten egg and bake for 12–15 minutes, or until golden and puffed. Set aside to cool slightly.
- If desired, gently remove the inner lid of the pastry to create a little well for filling.

3. Cook the Mushroom Fricassée:

- In a large skillet, melt the butter over medium heat.
- Add the chopped onion and cook until soft and translucent, about 5 minutes.
- Add the mushrooms and season lightly with salt and pepper. Sauté until they release their liquid and it evaporates, 10–15 minutes.
- Add the garlic and stir for another minute until fragrant.
- Pour in the cream and stir well. Reduce the heat and let it simmer gently until thickened, about 5–7 minutes. Taste and adjust seasoning.

4. Assemble and Serve:

- Spoon the creamy mushroom mixture into the puff pastry shells.
- Garnish with fresh herbs if desired.
- Serve immediately, with a crisp green salad or lightly dressed arugula on the side.

Tips:

- The quality and variety of mushrooms are the soul of this dish — forage carefully or buy from a trusted market.
- Don't wash mushrooms under running water — they absorb liquid and lose flavor.
- A splash of white wine or a touch of truffle oil can elevate the sauce further, but only if it doesn't overpower the forest mushroom essence.