

Marinated Mushrooms



Ingredients:

- 250 gms shitake mushrooms (any type)
- ½ tsp coriander seeds
- ½ tsp fennel seeds
- ½ cup of white wine vinegar (any type)
- 1 tbsp sugar
- 1 tsp salt
- 3- 5 tbsp extra virgin olive oil
- 1 -2 cloves of garlic (sliced)
- 1 handful of parsley leaves (chopped)
- 1 diced chilli (optional)

Method:

1. Gently clean the mushrooms with kitchen towel. Do not wash them in water as this alters the flavour of the mushrooms.
2. Lightly crush the coriander and fennel seeds to release their flavour and set aside.
3. In a glass jar, mix vinegar, sugar and salt stirring until sugar and salt dissolves. (Taste and add more sugar if too acidic for your taste).
4. Add the seeds to the vinegar and stir well and then mix in the olive oil.
5. Lightly salt and fry the mushrooms and sliced garlic in a little olive oil for about 5-7 minutes being careful not to overcook.
6. Place the mushroom into the vinegar mixture and add chilli and parsley and mix well.
7. Store overnight for more flavoursome mushrooms.

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