

# Be Inspired BY *Roberta!*

FOOD ~ WINE ~ TRAVEL



## Funghi Trifolati

Trifolati is an Italian term for dishes cooked in olive oil with garlic and parsley; mushrooms, zucchini and kidneys are often prepared this way. This was one of my favourite starters in Sydney's 1980s suburban Italian restaurants, where exotic oyster mushrooms seemed to be the funghi of choice, so use any mushrooms you like, or a mixture of them. Trifola means truffle, a synonym for the more commonly seen tartufo; I guess the sautéed mushrooms look a little like truffles. This dish, served hot or cold, is a great addition to an antipasto, it's also lovely tossed through pasta; the chilli isn't traditional, but I like it and it's very southern Italian.

**Serves 4 or more as part of an antipasti misti**



### INGREDIENTS

- 1½ tablespoons extra virgin olive oil
- 1 clove garlic, crushed
- 200g button mushrooms, quartered
- Pinch dried chilli flakes (optional)
- A good pinch salt flakes
- 1½ tablespoons finely sliced flat-leaf parsley

### METHOD

1. Place oil and garlic in a small frying pan over medium heat and cook for a minute or 2, until it just starts to sizzle.
2. Reduce heat to low, stir in chilli (if using), salt and mushrooms, cover and cook for 10 minutes or so, stirring occasionally, until they give off their juices and are tender.
3. Stir in parsley.
4. Serve in a shallow bowl.