



Mushroom Bruschetta

In autumn, the crisp air of Italy's hilly regions is filled with the wonderful aroma of mushrooms, inspiring cooks to prepare many dishes (sometimes even whole meals) dedicated to fungi. Use any mushrooms you like, a mixture or just one type if that's what you have handy, smaller mushrooms such as Swiss brown, shimeji, king brown and enoki are best.

Makes 8-10 pieces



INGREDIENTS

- 500g mixed mushrooms (1lb)
- ¼ cup extra virgin olive oil, plus extra for drizzling (60ml)
- Salt flakes, to taste
- ½ sourdough baguette, thinly sliced on the diagonal
- 2 cloves garlic, peeled and bruised
- 1 tablespoon finely chopped flat-leaf parsley

METHOD

1. Wipe mushrooms with a clean damp cloth if necessary, trim off any woody ends, and slice mushrooms thinly. If using shimeji, discard the base and leave mushrooms whole.
2. Heat oil in a heavy-based frying pan over medium heat.
3. Add mushroom and a good pinch of salt, stir to combine well, cover and cook for 10 minutes or so, stirring often, until softened.
4. Uncover, increase heat to high and cook for a further 5 minutes or so, until the liquid they've released has evaporated. Set aside to keep warm.
5. Toast the bread then rub one side with the garlic, discarding the remaining garlic.
6. Drizzle toast with oil.
7. Toss parsley through the mushrooms, pile onto the toast and serve immediately.