



Everyday French Handy Recipes

Confit Mushroom Banh Mi

Makes 4 Servings

Prep Time: 20 minutes

Cook Time: 40 minutes

INGREDIENTS

Confit Mushrooms ingredients

- 700 g portobello mushroom caps, sliced
- 3 ½ cups (830 mL) vegetable oil, plus more for brushing
- 1 medium shallot, peeled and smashed
- 4 medium cloves garlic, smashed
- 4 large sprigs fresh rosemary
- 4 large sprigs fresh thyme
- 4 large sprigs fresh oregano
- 2 tsp McCormick Coriander Seed
- 2 tsp McCormick® Whole Black Peppercorns
- 4 x pieces whole cloves
- 2 x bay leaves
- 4 x pieces star anise
- 1 tsp sea salt
- 2 tbsp (40 mL) red wine vinegar

Citrus Mayo ingredients

- ¾ cup (175 g) Kewpie® mayonnaise or mayonnaise
- 1 medium lemon, zested
- 2 teaspoons (10 mL) fresh lemon juice

Bánh Mì ingredients

- 4 x demi-baguettes or (15 cm) crusty rolls
- 1 x large carrot, cut into matchsticks (about 1 cup)
- 2 x Lebanese cucumbers, cut into ribbons
- 2 cups mixed green leaves
- 1 x medium red chilli, stemmed and thinly sliced
- 1 x spring onion, thinly sliced, green part only
- ¼ cup fresh coriander leaves

METHOD

1. For the Mushroom Confit, place shallot, garlic, fresh herbs, coriander, peppercorns, cloves, bay leaves and star anise in center of double layer of cheesecloth. Wrap to enclose, tying tightly with butcher twine. Set aside.
2. Heat large heavy-bottom saucepan on MEDIUM-HIGH heat. Brush mushrooms lightly with oil. Sear mushrooms on each side just until lightly browned, about 30 seconds per side. Reduce heat to low; sprinkle evenly with salt.



3. Add oil and herb sachet to saucepan. Heat oil and mushroom mixture on MEDIUM heat until temperature reaches about 80°C on an instant read thermometer (this should take about 10 minutes). Reduce heat to LOW. Cook 25 minutes. Stir in vinegar; cook 5 minutes longer. Remove from heat. Use a slotted spoon to remove mushrooms from oil. Reserve oil for another use. Set mushrooms aside, keeping warm until ready to serve.
4. For the Citrus Mayo, whisk all ingredients in small bowl until well blended. Cover and refrigerate until ready to serve.
5. To assemble the Bánh Mì, split each roll lengthwise, being careful not to cut all the way through. Spread rolls evenly with Citrus Mayo. Layer baguette with carrot, cucumber and mixed greens. Spoon Confit Mushrooms onto rolls, draining any excess oil. Top with sliced chilli, spring onion and coriander to serve.

Test Kitchen Tips:

- Both the confit mushrooms and oil will keep for at least 2 weeks refrigerated
- Confit oil can be re-used to confit again, get creative, use the same herb & oil blend to confit other vegetables like tomatoes
- Citrus mayo will keep for at least 2 weeks refrigerated
- Make your bánh mì as spicy or as mild and fresh as you like

Any queries please email neredith@marketmaker.com.au

Gochujang Eggplant Galette

Makes 8 Servings.

Prep Time: 1 hour

Cook Time: 45 minutes

INGREDIENTS

Pastry Crust:

- 1 ½ cups plain flour
- ½ tsp sea salt
- 125 g unsalted butter, cold, grated or chopped
- 5 tbsp (100 ml) water, ice cold
- 1 egg
- 1 tbsp (20 ml) milk or water

Garlic Tahini:

- 2 tbsp (40 mL) tahini
- 2 tbsp (40 mL) fresh lemon juice
- 1 x garlic clove, minced
- ¼ cup (60 mL) water
- ¼ tsp sea salt

Gochujang Eggplant:

- 3 x Chinese eggplants or 1x medium eggplant, cut into 5 cm chunks
- 1 tsp sea salt
- ¼ cup (60 mL) gochujang paste
- 1 tbsp (20 mL) soy sauce
- 1 tbsp (20 g) brown sugar
- 1 ½ tsp (7 mL) sesame oil
- ½ tsp McCormick Ground Ginger
- 1 tsp McCormick Garlic Powder
- 3 tbsp (40 mL) vegetable oil

Egg Wash:

- 1 egg
- 1 tsp whole milk

Garnish:

- 2 spring onions, trimmed and cut into thin strips

METHOD

Pastry Crust

1. Place flour and salt in bowl of food processor. Pulse to mix. Add butter; pulse until mixture resembles coarse crumbs. Gradually add ice water, pulsing just until mixed. Turn dough out onto table and using hands, mix gently just until dough comes together to form a ball. Press dough into a thick disk; wrap in plastic wrap. Refrigerate at least 1 hour.

Garlic Tahini

1. Mix all ingredients in bowl until well blended and slightly thickened. Set aside.

Gochujang Eggplant

1. Whisk together gochujang, soy sauce, sesame oil, brown sugar, garlic and ginger in bowl; set aside. Salt the eggplant, turning to coat evenly. Arrange eggplant on tray lined with paper towels. Let stand 10 minutes to remove excess moisture. Pat dry with paper towels, brushing gently to remove any remaining salt.
2. Heat oil in skillet on medium-high heat. Working in batches as needed, add eggplant, cooking 2 to 3 minutes per side or until lightly browned and slightly softened. Transfer to medium bowl. Cool slightly. Add gochujang mixture, tossing gently to coat. Set aside until ready to assemble galette.

Galette

1. Place large sheet of parchment paper on clean, flat work surface. Sprinkle lightly with flour. Place pastry dough in center of parchment. Sprinkle dough lightly with flour and top with another sheet of parchment. Roll dough into 30-cm to 33-cm circle. Remove top piece of parchment. Carefully transfer parchment with dough onto large baking tray.
2. Preheat oven to 220° C (200°C fan-forced). Combine egg and milk for egg wash; set aside. To assemble galette, spread ½ cup (125 mL) of the garlic tahini over centre of dough, leaving a 5-cm pastry border. Arrange eggplant within the pastry border in an even layer over top of tahini, overlapping as needed. Fold border edge of pastry up over eggplant, pleating or folding crust every 5-cm to 7-cm. Brush pastry with egg wash mixture.
3. Bake on lowest oven rack 15 minutes. Move to centre oven rack. Bake 40 to 45 minutes longer or until crust is golden brown and crispy.

To Serve

1. Brush eggplant with remaining gochujang mixture. Cool 3 to 5 minutes. Top with spring onion. Cut into wedges to serve.

Chef Tips:

Serving suggestion: serve galette with a salad of fresh leafy greens.

- Do ahead! Pastry can be made 5 days ahead of time, stored in refrigerator. If you do not wish to make your own pastry, use a high quality, store-bought pastry.
- Use the gochujang marinade on other vegetables or proteins like beef or chicken.
- Tahini paste would also compliment Middle Eastern dishes; add a pinch of smoked paprika & ground cumin for another twist on a French classic.

