



THE IDLE ROCKS
ST MAWES

MUSHROOM TORTELLINI WITH HELIGAN BLACK SALSIFY



Serves 4

Ingredients for Duxelle mix:

250g chestnut mushrooms
250g button mushrooms
200g peeled chestnuts
50g butter
1 garlic clove - minced
1 banana shallot - finely diced
100ml Port
Salt
Black pepper
3 sprigs tarragon
1/2 bunch chives
Cep puree to bind

Method:

Blitz all mushrooms in food processor. Add mushrooms, garlic, shallot and thyme to hot pan and sauté. When pan is dry add port, continue to cook until almost all the liquid is gone. Meanwhile roast the chestnuts in foaming butter, once brown drain and chop finely and add to mushrooms. Add chopped herbs. Transfer into muslin cloth, tie up and hang for 12 hours until excess liquid has drained. Fold in cep puree to bind.

Ingredients for Cep puree:

500g ceps
500g button mushrooms
100g butter
100ml cream
100ml milk
1 Tbsp lemon juice



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Method:

Colour sliced ceps in pan with butter. Once coloured add button mushrooms and sweat mushrooms. Once soft add cream and milk. Bring to boil and reduce slightly. Blend, check for seasoning, and add lemon juice.

Ingredients for spinach pasta:

150g 00 flour
150g spinach puree
100g egg yolk
Pinch of salt

Method:

Make spinach puree by blanching spinach until soft, cool quickly in iced water then drain. Squeeze out excess water and blend in food blender.

Put flour, spinach puree and salt and blend in food processor, add egg yolk until incorporated.

Take out and knead with your hands to bring pasta together. Cling film and leave to rest for at least half an hour in fridge.

To assemble the tortellini:

Roll out the pasta into sheets using a pasta machine. Divide the pasta dough into quarters. Work with one piece at a time and keep the other pieces covered. Run the dough through a pasta roller on progressively thinner settings until you have a sheet of paper-thin pasta. (Setting #6 on a Kitchen Aid pasta roller attachment.)

Shaping round tortellini: Cut the sheet into rounds using a 3" round cutter, spacing the rounds as close together as possible. Gather the scraps into a ball and put them with the remaining pieces of dough to re-roll later.

Place 35g of filling in the middle of each round of pasta. Dip your finger in the bowl of water and run it along the edge of the round to moisten. Fold the dough over to form a half moon, then draw the two corners together to form a rounded bonnet-shape. Press tightly to seal. Toss with flour, set aside on a baking sheet with semolina and cover. Repeat with remaining pieces of dough, re-rolling the scraps.

Ingredients for roasted salsify puree:

5 large sticks of salsify - peeled and sliced
100ml butter
100ml cream
100ml milk
50ml water
Lemon juice to taste
Salt

Method:

In a large pan roast the salsify in hot foaming butter until golden brown and soft, stirring regularly. Add cream, bring to boil and blend. Add milk and water to puree consistency. Season and add lemon juice to taste.



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Ingredients for mushroom and Madeira sauce:

1 banana shallot
1 clove garlic
1 sprig thyme
100ml Madeira
75g button mushrooms - sliced
100ml cream
Milk

Method:

Sweat shallots, garlic and thyme in a pan. Add sliced mushrooms and cook until soft. Add Madeira and reduce by half. Add cream, bring to boil and blitz. Add milk to light sauce consistency.

Ingredients for basil oil:

2 bunches basil
50ml olive oil
50ml veg oil

Method:

Firstly blanch basil in salted water until soft, quickly cool down in iced water and drain. Squeeze out excess water. Blend all ingredients and hang through muslin.

Ingredients to garnish:

250g oyster mushrooms
3 chestnuts - peeled and sliced thinly.
1 punnet of basil cress.

To Assemble:

Place tortellini in boiling salted water for 5 minutes. Meanwhile warm the cep and salsify puree and spoon salsify puree onto the plate. Place dots of cep puree around the plate. Sauté the oyster mushrooms in a hot pan, once soft finish with a little bit of butter and season. Place tortellini in centre of the plate, placing oyster mushrooms around it. Warm mushroom and Madeira sauce and drizzle around the plate. Scatter sliced chestnuts around the dish, drizzle the basil oil around generously and finish with the basil cress.