

COOK WITH
Miguel!

BLACK SKIN ROASTED MUSHROOM CHICKEN



PREP TIME: 15 MINS COOK: 60 MINS MAKES: 4-6

INGREDIENTS

CHICKEN

- 1 large chicken
- 20g unsalted butter, softened
- 400g Swiss Brown Mushrooms, quartered
- 3 sprigs thyme, leaves picked
- 1 tsp Spanish smoky paprika
- 2 Portabella Mushrooms

STUFFING:

- 1 tbsp olive oil
- 2 fresh chorizo sausages, diced
- 4 medium Flat Mushrooms, chopped
- 4 spring onions, chopped

ROAST VEGETABLES*:

- 1 bunch baby beets, washed, halved (golden and purple)
- 1 bunch Dutch carrots, washed, trimmed (purple, yellow, orange)
- 1 bunch spring onions, trimmed
- 2 bulbs baby fennel, quartered

**Use these, or your favourite roast veggies!*

METHOD

1. Preheat oven to 180°C (allow 30 minutes cooking per 500g of chicken).
2. Blend the butter, mushrooms and thyme in a food processor and season generously with salt and pepper.
3. Gently loosen the skin by pushing your fingers along the surface of the meat around the breast and thighs. Push the butter under the skin and work the butter as far down under the skin as possible.
4. Sprinkle the paprika over the skin and rub until evenly coated.
5. For the stuffing, heat the olive oil in a large frying pan over medium high heat.
6. Add the chorizo, mushrooms and spring onion and cook for 2 minutes, stirring regularly.
7. Season to taste and remove from the heat.
8. Push one of the Portabella Mushrooms and chorizo mixture firmly into the cavity inside the chicken, creating pressure so they roast with the chicken juices.
9. Close up the cavity with the other Portabella Mushroom.
10. Chop the veggies and place into the base of a baking tray.
11. Season the veggies with lots of salt and pepper, then drizzle with olive oil and mix together using your hands.
12. Cook the veggies together with the chicken.
13. Remove from the oven and serve with stuffing and veggies.

Tip: This roast chicken is delicious with a fresh slaw salad.

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MUSHROOM POPCORN



PREP TIME: 5 MINS COOK: 10 MINS MAKES: 2-4 AS A SNACK

INGREDIENTS

- 300g small Button Mushrooms
- Splash of olive oil
- 1 cup panko (or breadcrumbs)
- 1 cup plain popcorn crumbs, blitzed in the food processor
- 1 tsp dry oregano
- ½ lemon zest
- 1 tbsp sesame seeds
- 2 tbsp honey
- 2 tbsp soy sauce

DIPPING SAUCE (2 OPTIONS):

- Sweet chilli sauce
- Equal parts soy sauce and honey

METHOD

1. Preheat oven to 175°C.
2. For the panko crumb mix: Mix panko, popcorn, oregano, sesame seeds and lemon zest in a large mixing bowl and set aside.
3. On a baking dish, dress mushrooms with soy, honey and olive oil and roast till tender.
4. Remove from the oven. Coat mushrooms in panko mix, one at a time, making sure they're coated evenly and covered entirely.
5. Serve with sweet chilli and honey-soy dipping sauce. Serve in a popcorn box.

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BOLOGNESE OF MUSHROOM MEATBALLS

PREP TIME: 15 MINS COOK: 25 MINS MAKES: 4-6

INGREDIENTS

- 750g beef mince
- 350g Button Mushrooms, blended in food processor
- 4 garlic cloves, crushed
- 1 small red chilli (optional)
- 1 tbsp chopped flat leaf parsley
- 1 tbsp chopped chives
- 2 tbsp thickened cream
- 1 splash sherry vinegar (optional)
- ½ Spanish red onion, finely chopped
- Olive oil, for frying

TOMATO SAUCE:

- 700ml tomato purée (passata)
- 500ml chicken stock
- 2 garlic cloves, finely sliced
- 1 onion, finely chopped
- 4 sprigs thyme
- 1 carrot, finely chopped
- ½ leek, finely chopped
- 500g cooked spaghetti
- Basil and oregano to garnish

METHOD

1. Preheat oven to 200°C.
2. In a food processor, blend mushrooms, onion, garlic, chilli, chives, parsley, thickened cream, sherry vinegar, salt, pepper and olive oil.
3. In a bowl, combine the mushroom mince with the beef mince.
4. Roll mince mixture into golf ball-sized meatballs.
5. Place on a baking tray lined with baking paper. Bake for 10-15 minutes or until browned.
6. Sauté thinly sliced garlic, onion, thyme, carrot and leek in a medium size saucepan on medium heat till soft, add tomato purée and stock, bring to a simmer for 5 min.
7. Add meatballs and reduce to low and cook for 5 minutes or until cooked through.
8. Toss through pasta, garnish with parmesan and herbs.

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MIGUEL'S FUNGUY CHICKEN PIE



PREP TIME: 10 MINS COOK: 20 MINS MAKES: 4

INGREDIENTS

- 200g Swiss Brown mushrooms, sliced
- 600g chicken thighs, diced
- 1 tbsp olive oil
- 2 tbsp butter
- 1 onion, grated
- 1 carrot, grated
- 1 tomato, finely diced
- 1 tbsp flour
- 350ml chicken stock
- 1 tsp Dijon mustard
- 2 tbsp crème fraîche (or thickened cream)
- Few sprigs of fresh thyme and rosemary
- ½ tsp ground nutmeg
- 50g grated tasty cheese
- 1 sheet puff pastry
- 1 egg (lightly beaten)
- Salt and pepper

METHOD

1. Preheat oven to 200°C.
2. Place a pie dish (or baking tray) over a medium heat, add a splash of olive oil and butter and sauté onion, carrot and tomato until soft.
3. Add some extra butter, chicken and flour, cook until brown. Then, add mushrooms.
4. Add Dijon mustard, crème fraîche and chicken stock and stir well.
5. Add thyme, rosemary, nutmeg and then season with salt and pepper. Allow to simmer.
6. Take off the heat, sprinkle with tasty cheese, salt and pepper and cover pie dish with puff pastry.
7. With your fingertips, tuck the puff pastry around the edge, brush with the beaten egg then bake for 15 minutes, or until golden and puffy.
8. Remove from the oven and serve.

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SALAD OF CHAMPIGNONS



PREP TIME: 15 MINS COOK: 10 MINS MAKES: 4

INGREDIENTS

- 5 large Portabella Mushrooms
- 1 sprig rosemary
- Olive oil
- Salt and pepper
- 2 head baby cos, washed, quartered on ice
- 5 slices Serrano ham
- 50g haloumi diced, grilled
- 2 soft boiled eggs (6 minutes) cut in quarters
- 5 crispy croutons
- Handful shaved parmesan

DRESSING:

- 200ml light Greek yogurt
- 1 tbsp olive oil
- 1 tbsp grated parmesan
- 1 small garlic clove, minced
- 1 anchovy finely chopped (optional)
- 1 splash Worcestershire sauce
- 1/2 bunch chives finely chopped
- Salt & pepper

METHOD

1. Rub mushrooms with olive oil, salt, pepper and rosemary.
2. Place mushrooms on BBQ and grill both sides. Season with salt and pepper.
3. Cut lettuce in quarters, wash and refresh with iced water. Set on paper towel to dry.
4. Place the Serrano ham between two pieces of baking paper. Lay this between two roasting trays and place on the BBQ for 8 minutes. Remove and dry on paper towel.
5. To make the dressing put all dressing ingredients into a blender and mix until combined.
6. To plate the salad – submerge each lettuce quarter briefly into a jar filled with the dressing, allow to drip, so they are not totally soaked. Add haloumi, soft boiled eggs, croutons, parmesan, crispy Serrano ham and grilled mushrooms.

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MUSHROOM PAELLA A LA MAESTRE



PREP TIME: 10 MINS COOK: 25 MINS MAKES: 4

INGREDIENTS

- 600ml mushroom stock (to make stock soak a handful of dry mushrooms in veggie stock, or use stock of choice)
- 250g Spanish rice
- 250g Field Mushrooms sliced (3 medium or 2 large)
- Chives for garnish
- 2 Button Mushrooms thinly sliced
- 2 radishes thinly sliced
- 50g grated manchego cheese
- 1 lemon, cut into wedges, to serve

SOFRITO:

- 2 large ripe oxheart tomatoes, roughly chopped
- 2 large roasted red capsicums from jar (piquillo)
- 3 Portabella Mushrooms, ripped into pieces
- 4 cloves garlic, peeled
- ½ bunch parsley
- ½ bunch chives
- 25ml olive oil
- 1 pinch saffron threads
- 1 tablespoon smoked paprika
- Salt & pepper

METHOD

1. To make the sofrito: Place all ingredients in a food processor and process to a pesto consistency. Heat a 30cm fry pan or paella pan on high heat.
2. Add sofrito and cook until tomatoes start to become juicy, 3-4 minutes. Add Field Mushrooms, mushroom stock and bring to the boil.
3. Sprinkle in rice and reduce to a medium heat. Continue cooking for about 16-18 minutes. Do not stir! When rice is tender and liquid has almost fully reduced (there should still be some liquid in the paella-pan), cook for a further 2 minutes to achieve 'soccarrada' (crust on the bottom of the pan).
4. Season to taste with salt and freshly ground black pepper and garnish with chives, thinly sliced Button Mushrooms, radish and grated manchego cheese.
5. Squeeze over lemon juice just before serving.

Tip: Freeze any extra sofrito by pouring into ice cube trays.