

# **CROUSTADE OF MUSHROOMS**

## **Ingredients - Croustade**

4 oz soft breadcrumbs  
4 oz gnd almonds or other nuts, finely milled  
2 oz vegan spread  
4 oz flaked almonds, pinekernels or hazelnuts  
1 clove garlic (I always use more)  
1/2 tsp mixed herbs

## **Ingredients - Topping**

1 lb mushrooms  
vegan spread or olive oil  
2 heaped tbs flour  
3/4 pint soya or almond milk  
salt, pepper and nutmeg  
4 tomatoes  
1 tbs chopped parsley

## **Method**

First make croustade by mixing together breadcrumbs and ground almonds or other milled nuts. Rub in spread as for pastry. Add flaked almonds or other nuts, chopped finely. If using hazelnuts, first prepare by baking on a dry baking sheet for 20-30 mins at 350 F, gas mark 4 until skins will rub off in a clean cloth. Crush garlic and add to nut mixture with mixed herbs; mix together well and then press down very firmly in a flat ovenproof dish or swiss roll tin. Bake in a hot oven, 450 F, gas mark 8, for 15-17 mins until crisp and golden brown. Meanwhile make topping. Wash and slice mushrooms; saute in the spread or olive oil until tender, then add the flour and when it froths, remove from heat and stir in the milk. Return to heat and stir until thickened, simmer for 10 mins over a low heat, then season well with salt, pepper and nutmeg. Spoon mushroom mixture on top of croustade; top with sliced tomatoes, and sprinkle with a very little s. and p. Return to oven for 10-15 mins to heat through, then serve sprinkled with parsley.