

Mushrooms in Onion Sauce Recipe

Ingredients: Serves 4

350g shiitake mushrooms
3-4 tablespoons sunflower or olive oil
1 large red onion, finely chopped
2 teaspoons garlic puree or 4-5 large garlic cloves, crushed to a pulp
1 teaspoon ginger puree or 1cm piece root ginger, finely grated
½ teaspoon ground turmeric
½ teaspoon chili powder
1 teaspoon ground coriander
½ teaspoon ground cumin
salt to taste
1 tablespoon tomato puree
1-2 tablespoons chopped fresh coriander leaves

Method:

Wipe the mushrooms with a damp kitchen towel and slice them thickly. Heat the oil over a medium heat and fry the onion until soft. Add the garlic and fry for about a minute. Next, add the turmeric, chili powder, coriander and cumin. Cook gently for 30-40 seconds and add the mushrooms, salt and tomato puree. Pour in 600ml warm water and stir to mix everything thoroughly. Bring it to the boil, reduce the heat to low and cover the pan. Cook for 15-20 minutes, stirring occasionally. Stir in the coriander leaves and remove from the heat.

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