



Mushrooms 'fish and chips style' with posh vinegar

DEEP-FRIED WITH A GARLICKY HERB VINEGAR



SERVES: 4

COOKS IN: 20 MINUTES PLUS STEEPING TIME

DIFFICULTY: SUPER EASY

Ingredients

4 sprigs fresh tarragon
2 sprigs fresh thyme
6 white peppercorns
2 cloves garlic , peeled and finely sliced
400 ml white wine vinegar
1 litre olive oil
100 g plain flour
sea salt
freshly ground black pepper
1 lemon , zest of
4 large handfuls mixed mushrooms
(porcini, field, girolles and morels)
1 small bunch fresh flat-leaf parsley

Method

- 1. These gorgeous deep-fried mushrooms have the most unbelievable texture and make a brilliant starter or, even better, a simple snack. In fact, they're so delicious I end up eating them as soon as they come out of the pan, so not all of them make it to the table! You can use one type of mushroom – like I've done here with the field mushrooms – or a mixture. Tearing them up into different sizes will add a wonderful mixture of textures, colours and flavours.*
2. Start by making your posh, flavoured vinegar. Put the whole sprigs of tarragon and thyme, the peppercorns and garlic slices into a bottle, then top with the vinegar, making sure it completely covers all the herbs and spices. Allow the vinegar to steep for at least a few hours and, remember, the longer you leave it, the more delicious it will become. You can let it infuse for a couple of weeks to really push up the flavour and, as long as you strain the vinegar after this time and bottle it up, you can keep using it for a good few months.
3. Fill a deep pan with the olive oil and let it heat up over a medium heat. Meanwhile, put the flour on a large plate with a generous pinch of salt and pepper and the lemon zest. Cut or tear the mushrooms into uneven chunks, and sprinkle them with a bit of water to moisten them. Toss handfuls of the mushrooms in the seasoned flour until they are all lightly coated.
4. To test if the oil is hot enough, add a small piece of potato to the pan. Once it begins to sizzle and brown, the oil is ready. Deep-fry the mushrooms in batches – about a handful at a time - until they're golden brown. The cooking time will depend on the size of the mushrooms but it shouldn't take more than 3 or 4 minutes – just use your instincts. Remove from the oil using a slotted spoon and leave on kitchen paper to drain for a minute. Serve as soon as

possible sprinkled with a pinch of salt, some posh vinegar and some roughly chopped parsley. Delicious!

NUTRITION PER SERVING

Calories	Fat	Saturates	Protein	Carbs	Sugars	Salt	Fibre
170	73g	1.1g	3.3g	19.7g	0.5g	1.33g	1.3g
9%	10%	6%	7%	8%	1%	22%	-

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