

A traditional dish with a *twist*

National Vegetarian Week runs from 14th–20th May and it's all about eating delicious and exciting veggie food.



Here's a fabulous vegetarian dish that has proved very popular at The Bell Inn for both vegetarians and meat eaters alike! Rosie and Andy recommend a glass of light Pinot Noir to accompany this rich dish.

Method

1. Preheat oven to 175°C.
2. Peel and remove the stalks from mushrooms and set aside. Bake the mushrooms upside down with a little olive oil, salt and pepper for 6 minutes at 175°C.
3. Meanwhile finely dice the shallot, mushroom stalks and skin. Sauté the thyme, mushroom stalks and shallot.
4. Remove the mushrooms from the oven and allow to cool along with the shallot mix.
5. Roll out the pastry to the thickness of a £1 coin, find an item to use as a template

(e.g. mixing bowl) which is around 3.75cm wider than the mushroom size. Cut two of these circles along with another two around 2cm wider for the top.

6. Place the smaller rounds on a tray lined with baking parchment. Place a mushroom on each of the smaller rounds and top with shallot mixture, a handful of watercress and half the stilton.
7. Egg wash the edge of the pastry and place the larger round of pastry on top.
8. Seal the edge either with a fork or by folding/pinching to make a pattern.
9. Egg wash all over the top of the pastry to ensure a golden brown. Cut a cross in the top of the pastry for the steam to escape.
10. Bake at 175°C for 20–25 mins

Serves 2

Mushroom Wellington

- 120g stilton
- 500g puff pastry
- 2 large portobello mushrooms
- 50g watercress
- 1 shallot
- Handful finely chopped parsley
- A few sprigs of thyme
- 1 egg

Blue cheese sauce

- 200ml double cream
- 50ml white wine
- Dash balsamic vinegar
- ½ shallot
- ½ clove garlic
- 50g stilton

until golden brown.

11. Whilst your Mushroom Wellington cooks you can make the blue cheese sauce. Start by finely slicing the shallot and garlic. Sauté in butter on a medium heat, add white wine, allow to reduce by half. Add the cream and blue cheese, stir and leave on a low heat until the cheese melts. Add a dash of balsamic, lots of cracked black pepper and fresh parsley right at the end.
12. Serve alongside the Wellington with fresh vegetables and a glass of Pinot Noir!

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