



I am not vegetarian; however, I am intrigued by vegetarian cuisine. I enjoy cooking and eating vegetarian dishes. Stuffed mushrooms are not exactly an original dish idea but, I feel they are perfectly suited with Autumn closing in. I love the earthy flavor of mushrooms and this dish show cases them beautifully making them ideal for entertaining. I will also add, the Gorgonzola cheese is quite strong in flavor and can be an acquired taste.

This dish is versatile for both vegetarian and non vegetarians. Serve paired with grilled meat and seasonal vegetables or a green salad.

Serves 4

Ingredients

4 Portobello mushrooms

4 oz crumbled Gorgonzola or blue cheese

2 oz shredded Parmesan cheese

4 tbsp olive oil or ground nut oil

1 small onion, chopped

1 large garlic clove chopped

3 1/2 oz or about 4 slices of whole wheat bread crumbs or cut into small cubes

3 oz roughly chopped walnut pieces

2 tbsp fresh chopped parsley

1/4 cup vegetable stock

juice of half a small lemon

salt and pepper to taste

Method

Preheat the oven to 190 C°/375° F.

When removing mushroom stems take care because the mushroom cup can break easily. Wipe mushrooms with damp cloth then drizzle with oil on both sides and season with salt and pepper.

Heat 2 tablespoons of oil in frying pan, add the onion, garlic. Sauté for 3-5 minutes, until soft. Transfer to a bowl, then stir in breadcrumbs or cubes, Gorgonzola, 1 oz of Parmesan, walnuts, parsley and vegetable stock and lemon juice.

Place the mushrooms in a large oven proof baking dish or tray. Using your hands scoop stuffing mixture into four balls and place stuffing in each mushroom. Sprinkle with Parmesan and drizzle with olive oil.

Bake for 20 minutes or until tops have turned brown.

Serve with grilled meat and/or seasonal vegetables or a fresh green salad.