

MUSHROOM & CHESTNUT STEW

INGREDIENTS

1 leek
3 cloves garlic
3 tsp ground coriander
1 large carrot
2 sticks celery
250g mushrooms
Handful of baby spinach or silver beet
3/4 cup Lenticchie umbre or puy lentils
1/2 cup pearl barley
Handfull of dired porcini mushrooms
1 cup dried chestnuts
500ml homemade stock
2 bay leaves
1 sprig rosemary
1 tin crushed tomatots
2tbs oil
Salt and pepper



Optional poached egg chopped parley mint and coriander leaves to top your dish.

METHOD

- Cover the porcini mushrooms with 250ml freshly boiled water. Leave to soak.
- Warm the olive oil in a deep heavy bottomed pot.
- Saute the finely shopped garlic, leek, carrot, celery and mushrooms for ten minutes
- Add the ground coriander, lentils and barley and sauté until the coriander is fragrant.
- Add the remaining ingredients including the porcini mushrooms with their water.
- Bring to the boil then simmer on low, stirring frequently, until you have a thick glossy stew
- You may need to add more water or stock if it starts looking too dry.
- To serve ladle into a bowl and top with a soft poached egg (optional)and chopped fresh herbs.

HEALING HERBAL MIXES

We recommend making your stock from scratch with your preferred Healing Herbal Stock mix. Our favourite blends for this recipe are Tummy Tonic, Winter Warmer or Vitality.

Alternatively you can simmer our herbs in a pre-made stock for 1 hour before adding other ingredients.

