

# Oyster mushroom and shallot tart with sunblush tomato purée

## Ingredients

- 175g/6oz puff pastry
- 3 shallots
- 1 clove garlic
- 25g/1oz butter/margarine
- 110g/4oz oyster mushrooms
- 50g/2oz button mushrooms
- 2 tbsp brandy
- 110g/4oz sunblush tomatoes
- salt and pepper to taste
- 1 tbsp olive oil

## To garnish

- sprigs of basil

## To serve

- rocket and baby spinach or a mixed herb salad

## Preparation method

1. Preheat the oven to 200C/400F/Gas 6.
2. Roll out the pastry and use to line two 10cm/4in loose-bottomed flan rings. Place on a baking sheet and bake blind for 10-15 minutes until the pastry is golden.
3. Sauté the shallots and 1 clove of garlic in butter or vegan margarine until golden (about 10 minutes on a low heat). Add the mushrooms and continue cooking for another 5 minutes. Add the brandy and cook for a further 2 minutes. Slice four pieces of sunblush tomato and stir into the mushrooms. Season to taste.
4. To make the purée, sauté half the remaining tomatoes and the clove of garlic in olive oil until very soft, then add 2 tbsp of water and continue cooking gently for a further 5-10 minutes. Season to taste and then purée. Chop the rest of the tomatoes finely and stir into the purée.
5. Divide the shallots and mushroom filling between the two tart bases, place on a baking sheet and warm through in the oven for 5 minutes. Place each one on a warm plate. Gently heat the purée through in a saucepan and drizzle some around the tarts. Garnish with sprigs of basil. Serve with a spicy or herby salad. Extra purée can be served in a jug on the side.

**less than 30 mins**

preparation time

**30 mins to 1 hour**

cooking time

**Serves 2**

**By** The Vegetarian Society