



# Portobello Mushroom Steaks

A RECIPE BY COCKPIT COUNTRY FOODS

## ingredients

### Portobello Steaks

- 8 medium to large portobello stemless mushrooms
- 10 garlic cloves, peeled
- 1 onion, peeled and cut into 6 wedges (150 g)
- 4½ tsp chipotle chilli flakes
- 1 red chilli (15 g)
- 4 tbsp jerk seasoning dry spice
- 1 tbsp jerk marinade
- 1½ tbsp(30 ml) tomato paste
- 400m olive oil

### Butter Bean Mash

- 750g cooked large butter beans,
- 5 tsp(22 ml) lemon juice
- 4 tsp(15 ml) olive oil
- flaked sea salt

## directions

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1. Preheat the oven to 150°C fan-forced.
2. Put all the ingredients for the steaks and 1 tbsp of flaked salt in a large ovenproof saucepan with lid. Arrange mushrooms so they are domed side up, then top with parchment paper, pushing it down to cover all the ingredients. Cover with the lid, then transfer to the oven for 1 hour. Turn the mushrooms over, replacing the paper and lid, and return to the oven for 20 minutes or until mushrooms tender but not falling apart. Cut mushrooms in half and set aside.

3. Remove onion, garlic and chilli (discarding the stem) – don't worry if you scoop up some of the spices and oil. Put them into the small bowl of a food processor and blitz until smooth. Return the blitzed onion mixture to the saucepan, along with the mushroom halves, and place on medium-high heat. Cook for about 5 minutes, for all the flavours to come together.

4. While the mushrooms are cooking, make the mash by putting the beans into a food processor along with the lemon juice, olive oil, ½ teaspoon flaked salt and 1½ tablespoons (30 ml) of water. Blitz until completely smooth. Transfer to a medium saucepan and cook on a medium-high heat for about 3 minutes, stirring, until warmed through.

5. To serve, divide the butter bean mash between four plates. Top with four mushroom halves per plate and spoon over a generous amount of the oil and its accompanying aromatics (you won't need all of it, though – see intro).