

MAKING THE MOST OF SEASONAL FOOD

Garlic mushrooms



GARLIC MUSHROOMS

❖ Ingredients

- 250gr whole mushrooms
- 3 slices Serrano ham
- 4 cloves garlic
- Olive oil
- 1 tbl chopped flat leaf parsley
- Sea salt
- Pepper
- Chicken stock
- 1 tbl cornflour

❖ Preparation

1. Wash mushrooms and trim stem.
2. Place in saucepan splash with about 1 tbl olive oil and add two cloves of garlic peeled and gently squashed. Cover and place on a very low light. The idea is to cook the mushrooms gently in their own juices, not fry them.
3. Meanwhile make a 'majado' in a pestle and mortar. Add one chopped clove of garlic, the parsley, a pinch of sea salt and mash together.

4. When the mushrooms are cooked, remove from heat and use a slotted spoon to place on a plate to cool. Set liquid aside.

5. Cover the bottom of a small saucepan with a film of olive oil and add the last garlic clove in slices.

6. Fry gently until golden.

7. Coarsely chop the mushrooms and ham and add to garlic and oil with a pinch of freshly ground pepper. Turn heat to minimum.

8. Thicken about ½ cup of chicken stock with the cornflour. We used one of the varieties that come in a Tetra Pak as they tend to have a lower salt content. If ever you don't have cornflour, you can use ordinary flour and toast it in a frying pan until it is a sepia colour before adding liquid. Bear in mind that it may be necessary to sieve the result.

9. Heat liquid gently until well mixed and add to rest of ingredients. Turn up the heat and simmer gently for one minute. Adjust seasoning.

10. Serve warm or chilled with crusty bread.



With the changeable evenings, it's great to have a dish that can be prepared in advance and then served hot or cold.

In the East, the health benefits of mushrooms have been recognised for thousands of years. It is the only natural fresh vegetable or fruit with vitamin D, but this low calorie, fat-free, cholesterol free and low sodium vegetable also provides riboflavin, niacin and selenium which are more typically found in animal foods or grains.

Serrano ham, especially Iberian, is one of the most healthy meats on the market. There are many manufacturers on the market and our own Tenerife brand, Montesano, has an excellent reputation for great quality at a value for money price.

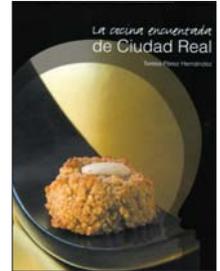
This is an easy recipe, taking around 30 minutes to make and well worth the trouble. It can be served as a tapa, as a simple first course or combined with rice or pasta for a hearty main meal.

New book

Cookery book TALES AND TORTILLAS

● The latest in the fabulous series of books by nutritional expert and cookery writer, Teresa Pérez Hernández, has just been released.

La Cocina Encuentada de Ciudad Real follows her unique and already tried and tested successful formula which mixes healthy traditional or original recipes with short stories. There are tapas, starters, main courses, desserts and cakes on offer all spiced with original tales to stimulate the mind as well



as the appetite. Previous publications include, *La Cocina Encuentada de Segovia-Sur* and *La Cocina Encuentada, Las Cuatro Estaciones*.

World Health Organisation

Cooking for health SEASONING

● Vinegar is being put forward as an alternative to salt in healthy food preparation.

The World Health Organisation recommends that salt consumption should not exceed six grams a day, half the average amount that is eaten worldwide. Doctors couldn't be clearer; eating too much salt is clearly linked to problems of hypertension and other illnesses.

But how do we cut down the salt in our diet without losing the flavour. According to an investigation carried out in Japan and published recently, the addition of small amounts of vinegar to food can make us think that it is salty and enable the food industry to cut down on the amount of salt they use. It is estimated that 60 to 80 per cent of the salt we eat comes from pre-packed foods and not what we add at the table. In the study rice

vinegar and black rice vinegar was added in differing quantities to glasses of various preparations of distilled water and salt. Forty young people took part in the study and were asked to individually rate the saltiness of each of the solutions. It soon became obvious that the addition of a small amount of vinegar and especially black rice vinegar enhanced the impression of the flavour of salt in the food. Whilst the food manufacturers now face the challenge of finding an alternative too for the preserving qualities of the salt they are being asked to cut, we could begin to test the vinegar theory ourselves.

Try adding a small amount in your favourite dishes and see if you can cut back on the salt in your families' diets. If you can't get black rice vinegar, try apple vinegar which has a similar level of acidity.

Jams & Marmalades

Ingredients JAM TODAY

● With so many different makes on the market it is necessary to check out the content of each jam to see which is best for you.

If a jam or marmalade has less sugar, it doesn't mean it has fewer calories. For example, jam made with fructose which is apt for diabetics, especially insulin dependent Type 1 dia-

betics often contains a note to say it contains no sugar (sucrosa), however it has the same amount of calories. On the other hand jams labeled 'no added sugar' tend to be lower in calories and more suitable for those following a calorie controlled diet, however they also tend to have a shorter shelf life as the sweeteners used lack the preserving qualities of sugar.