

Wild Mushroom Pilaf

Serves 8

Pilaf is a delicious, aromatic Middle Eastern dish made with rice, broth, onions and spices – just right when cooked in a Le Creuset enamelled cast iron casserole. Pilaf is a great way to use up leftover vegetables, either cooked or raw, so experiment by adding your own ingredients to this recipe.

Preparation time: 30 minutes

Cooking time: 1 hour 15 minutes

INGREDIENTS

3 onions (about 400g), sliced

Drizzle of oil

2 tablespoons ground coriander, plus extra to serve

Half a cinnamon stick

4 large cloves garlic, roughly chopped

30g mixed wild mushrooms, soaked in 900ml of boiling water

400g mushrooms, roughly sliced

200g potatoes, cut into 1cm cubes

200g carrots or other root vegetables, cut into 1cm cubes

250g short grain brown rice

6 sprigs parsley, leaves picked, stalks finely sliced

150g almonds, dry roasted then roughly chopped

25g barberries or cranberries

6 mint leaves

Yoghurt and 1 lemon cut into wedges to serve (optional)

METHOD

Perfect for this is: Wild Mushroom Pilaf

Preheat the oven to 160°C/ Gas Mark 3

1. Add a good drizzle of oil to your casserole, covering the base of the dish, then place over a medium-high heat. When hot add the onions and gently fry for 15-20 minutes or until they are soft, caramelised and sweet.
2. Add the coriander, cinnamon, sliced mushrooms, a pinch of salt and dash more oil to the casserole. Then fry for a further 5-8 minutes over a medium-high heat, adjusting the heat so the dish doesn't burn, until the mushrooms gain some colour.
3. Next add the potatoes, carrots, garlic and rice. Season generously with salt and pepper then stir, coating each and every grain with oil, onion and spice. Pour the wild mushrooms and the flavoured water into the mixture, bring to the boil and reduce the heat. Taste and adjust the seasoning as required. Put the lid on and place in the oven for 45 minutes or until the water has just evaporated.
4. Stir the parsley, half of the almonds and the barberries through the pilaf. Sprinkle the rest of the almonds on top. Serve with a spoon of yoghurt, dusted with coriander, torn mint leaves and a wedge of lemon.