



## **Portabello Mushroom Cap stuffed with walnut, chilli pesto, piled with a spicy salsa fresca**

### **Remedy Bliss RAW**

Chilli Festival, 27 March 2011

#### **Ingredients:**

3 Portabello Mushroom Caps (stems removed)  
Tamari or Shoyu  
Olive oil

#### **Method:**

Marinate Mushroom caps with splashes of Tamari and Olive oil. Place on a dehydrator tray (with teflex sheet) and dehydrate at 145F for 20 min.

### **Walnut, Chilli Pesto Stuffing**

#### **Ingredients:**

1 Cup Walnuts (rinsed well, soaked 4 hours)  
1/4 Cup Kalamata Olives (pitted)  
1/2 (large) Clove Garlic  
1 red chili, deseeded & chopped finely  
1 Cup fresh Basil leaves (or parsley in Winter)  
2 T Olive Oil  
2 T Lemon Juice  
1/4 tsp sea salt

#### **Method:**

Blend together in a food processor, walnuts, olives, garlic & chopped chili.  
Add basil leaves, oil and lemon and blend again.  
Allow texture to remain, rather than blending down to a homogenized paste.

### **Spicy Salsa Fresca**

#### **Ingredients:**

1 Avocado (firm but ripe), diced  
3 T chopped Spanish onion  
2 ripe Tomatoes, diced  
handful of fresh coriander leaves, chopped  
Chili, deseeded and finely chopped

#### **Method:**

Remove mushroom caps from dehydrator (or lowest setting on oven) and fill with the stuffing.  
Place back in dehydrator for 30 min. on 115F.  
Remove, place on warmed plate. Pile stuff mushroom cap with Spicy Salsa Fresca.  
Serve with a simple Rocket salad.

*See next page for ASFM Shopping list*



## Shopping List

Portabello Mushroom Caps	P&L Rogers (site 89)
Olive oil	<a href="#">Patlin Gardens</a> (site 71) Virgara's (Site 50) Cosmidis (Site 74) Tsimiklis (site 54)
Kalamata Olives (pitted)	<a href="#">Patlin Gardens</a> (Site 71) Cosmidis (Site 74)
Clove Garlic	<a href="#">Patlin Gardens</a> (Site 71) <a href="#">Hart's Vegetables</a> (Site 76) Cosmidis (Site 74)
Red chilli	<a href="#">Patlin Gardens</a> (Site 71) Tsimiklis (Site 54)
Basil leaves	Aay's Fresh Herbs (Site 88) Salad Greens & Kitchen Herbs (Site 90)
Lemon Juice	Cosmidis (Site 74) Tsimiklis (Site 54) <a href="#">Patlin Gardens</a> (Site 71)
Avocado	Ashbourne Hills Avocadoes (site 47)
Tomatoes	<a href="#">Tobalong Tomatoes</a> (Site 58) Golden BC (site 77) Tsimiklis (site 54) Virgara's (site 50)
Coriander	Aay's Fresh Herbs (site 88) Salad Greens & Kitchen Herbs (site 90)