

The French Country Kitchen

Stuffed with Chevre, Apples & Caramelized Shallots

20 cremini(brown) or white mushrooms
1 tablespoon sunflower oil
1 tablespoon unsalted butter
1 cup onion, finely diced
½ cup apple, cored and finely diced
1 cup soft goat cheese (chevre)
1 tablespoon maple syrup or honey
1 teaspoon white truffle oil
3 tablespoons fresh herbs
¼ teaspoon sea salt
½ teaspoon fresh ground pepper

Preheat oven to 400F.

With a damp paper towel wipe each mushroom to remove any dirt. Remove the stems and discard. With each cap, slice a bit of the underside to allow for more space to place the cheese mixture. Set aside the caps on a baking sheet lined with parchment paper.

In a fry pan on medium heat, add the oil and butter and sauté the shallots till golden brown (about 15 minutes). Add the apple and cook for a further 5 minutes. Remove and place on a plate to cool for 2-3 minutes. In a medium bowl, place the goat cheese, maple syrup, truffle oil, herbs, salt and pepper. Gently mix in the onion apple mixture and stir till thoroughly incorporated. Place about 2 teaspoons of the mixture in each mushroom, creating a slight dome on top. Bake at 400 degrees for around 15 minutes, till mushrooms are slightly soft and cheese is lightly golden. Cool for a few minutes before serving.

Apple Cider Vinaigrette

1 cup sunflower or grapeseed oil
¾ cup apple cider vinegar
1 teaspoon Dijon grainy style mustard
2 to 3 tablespoons Ontario maple syrup
½ teaspoon onion powder
½ teaspoon sea salt
½ teaspoon black pepper

Place all ingredients in a jar with a lid and shake a few times. Shake again just before serving. Remainder can be stored in a tight-fitting glass jar in the fridge for up to 10 days. Remove from the fridge 15 minutes before serving.