

TIMBALE OF CHEESE WITH CONFIT MUSHROOMS

INGREDIENTS

Recipe for 4

- 200g special agar-agar cheese (cottage cheese type)
- 100g mushrooms
- 40g sugar
- 100ml water



Nutritional Values (per serving)

- Protein (brut) (g): 1.61 g (Kcal 3 %)
- Lipids total (g): 15.6 g (Kcal 65 %)
- Carbohydrates (g) 20 g (Kcal 35 %)
- Energy (Kcal): 217
- Polyunsaturates (g): 0.36
- Tryptophan (mg): 9.9
- Leucine (mg): 102
- Lysine (mg) 33
- Methionine (mg): 21
- Phenylalanine (mg): 66.6



Low protein diet



Dessert



HSJDBCN

METHOD

- Blanch the chopped mushrooms in a saucepan with boiling water and set aside.
- To make the syrup, put the water and the sugar into a saucepan and heat over a gentle flame until the sugar has dissolved. Once the sugar has dissolved, you can turn up the temperature until the syrup gets to the desired consistency. It is best not to stir the syrup. At most, you can use a wet brush to gently wipe the sides of the saucepan to prevent the mixture crystallizing in those areas.
- Once the syrup is made, add the mushrooms and let them cook for half an hour.

To plate up:

- Cut the agar-agar cheese into slices of about 1cm thick.
- Layer a slice of cheese and then the cooked mushrooms and then repeat.
- Season to taste and top them off with whole mushrooms.