

Janella's Recipes

04.12.2006

Garlic Mushrooms



Method

Heat garlic and anchovies in oil then add the mushrooms and herbs.

Sauté until mushrooms are almost cooked.

Add the Bonsoy and let it thicken slightly, about 2 minutes.

Season and just before serving toss in a little more parsley.

Serve in a small bowl.

Ingredients

- 1 tbs Olive oil
- 3 anchovies
- 4 cloves garlic, crushed
- 1 cup button mushrooms
- 2 tbs Bonsoy (Soy Milk)
- Salt and cracked pepper
- Handful flat leaf parsley and thyme, roughly chopped

Gary's Recipes

04.12.2006

Pita Kofta

Method

Mix the mince with paprika, garlic, chilli and a little of the coriander chopped.

Spread onto the pita or flat bread approx 5mm thick.

Season with salt and pepper and place mince side down into a hot fry pan – drizzle a little olive oil around the outside – turn over when golden and cook for a further 2-3 minutes

To serve drizzle with yoghurt and torn leaves of coriander and mint



Ingredients

- 200g Lamb or pork mince
- _ clove garlic
- 1 small chilli
- 1 tsp smoked paprika
- 2 pita bread 10 inch
- 4 tbsp Greek yoghurt
- A handful of mint & coriander
- Salt & pepper