

Wild mushroom puff pastry tart with Parmesan cream, oyster mushrooms, port-confit shallots and parsley oil

Recipe for 4 persons

Description

An elegant and deeply satisfying appetizer, perfect for entertaining and impressing your guests without making the cooking overly complicated. A delicately golden and crisp puff pastry round is topped with a rich, silky Parmesan cream brightened with a hint of lemon. Intensely sautéed wild mushrooms bring deep, earthy flavors, while butter-roasted oyster mushrooms with thyme add texture and an irresistible nutty finish. Port-confit shallots provide a sweet and tangy contrast that beautifully balances the richness of the dish. Finished with delicate Parmesan shavings and vibrant drops of parsley oil, this refined tart is every bit as spectacular to look at as it is delicious to eat.

Note

For deeply browned, flavorful mushrooms, use a very hot pan and cook them in small batches without stirring constantly. Overcrowding the pan lowers its temperature, causing the mushrooms to release their moisture and steam instead of roasting. Assemble the tarts only at the last moment to preserve the crispness of the puff pastry and create a delicious contrast between the warm mushroom toppings and the chilled Parmesan cream.

Ingredients

Puff pastry tarts

- 250 Gr Puff pastry
- 15 Ml Melted butter
- 0 To taste Sea salt flakes
- 0 To taste Freshly ground black pepper

Parmesan cream

- 100 Gr Mascarpone
- 60 Gr Parmesan
- 30 Ml Cream 35%
- 5 Ml Lemon juice
- 0 To taste Salt and pepper

Port-confit shallots

- 150 Gr French shallot
- 100 Ml Port wine
- 15 Ml Balsamic vinegar

Wild mushrooms

- 100 Gr Shiitake
- 100 Gr Button mushrooms
- 50 Gr Oyster mushroom
- 1 Clove(s) Garlic
- 1 Unit(s) French shallot
- 15 Gr Butter
- 15 Ml Olive oil
- 6 Sprig(s) Thyme flower
- 0 To taste Salt and pepper

Oyster mushrooms

- 200 Gr Oyster mushroom
- 15 Ml Olive oil
- 15 Gr Butter
- 1 Sprig(s) Thyme
- 0 To taste Salt and pepper

Parsley oil

- 30 Gr Flat parsley
- 100 Ml Grape seed oil
- 1 Pinch(es) Salt

- 10 Ml Maple syrup
- 15 Gr Butter
- 0 To taste Salt and pepper

Garnish

- 30 Gr Parmesan
- 24 Leaf(ves) Parsley

Preparation

- Preparation time **55 mins**
- Preheat your **oven** at **400 F°**

Mise en place

- Clean the mushrooms and oyster mushrooms.
- Finely chop the shallots.
- Mince the garlic.
- Finely grate the Parmesan.
- Prepare two baking sheets and two sheets of parchment paper.

Puff pastry tarts

Roll out the puff pastry slightly. Using a cookie cutter, cut four discs about 12 cm in diameter. Place the discs on a parchment-lined baking sheet. Prick lightly with a fork, brush with melted butter, and season with fleur de sel and pepper.

Cover the discs with the second sheet of parchment paper, then place the second baking sheet on top.

Bake for 18 to 20 minutes, until golden and crisp. Remove the top baking sheet and bake for 2 minutes more if needed.

Wild mushrooms

Cut the mushrooms into small dice.

Heat the olive oil and butter in a skillet. Add the mushrooms, shallot, garlic and thyme and sauté over high heat.

Continue cooking until all the moisture released by the mushrooms has evaporated. Season with salt and pepper and keep warm.

Parmesan cream

Combine the mascarpone, Parmesan, cream and lemon juice in a bowl.

Mix until smooth and creamy. Season generously with pepper.

Transfer the cream to a piping bag and refrigerate.

Oyster mushrooms

Tear the oyster mushrooms into pieces by hand to preserve their natural shape.

Heat the olive oil in a skillet over high heat and sear the mushrooms. Avoid overcrowding the skillet

so they brown rather than steam.

Add the butter and thyme near the end of cooking. Season with salt and pepper and baste the oyster mushrooms with the foaming butter.

Port-confit shallots

Melt the butter in a small saucepan. Add the shallots and sweat for 3 minutes.

Add the port, balsamic vinegar and maple syrup. Simmer over low heat until the liquid is almost completely reduced and the shallots are tender.

Season with salt and pepper and keep warm.

Parsley oil

Blanch the parsley in a saucepan of boiling salted water for 15 seconds. Immediately cool in ice water.

Drain and squeeze thoroughly. Blend with the grapeseed oil and a pinch of salt.

Strain the oil through a fine-mesh sieve and set aside.

Plating

Place one puff pastry disc in the center of each plate.

Spread or pipe a thin layer of Parmesan cream over each disc, top with the wild mushrooms, then add the roasted oyster mushrooms, arranging them to create height.

Add a few small spoonfuls of port-confit shallots and finish with Parmesan shavings, parsley leaves, and drops of parsley oil.

Bon appétit!