

MINE

Angus Bell, MINE Restaurant

Mushrooms on toast with wild garlic kimchi

Wild garlic is in abundance right now and can often be found in wooded areas close to rivers. Its distinct aroma and flavour are loved by chefs and home cooks alike. Following this kimchi recipe will enhance the flavour and preserve the garlic so you can enjoy this herb year-round.

Ingredients

- Kimchi:
 - Wild garlic leaves
 - 1 Banana shallot per 250g of wild garlic
 - 2% Salt
- Focaccia:
 - 360g Strong white bread flour
 - 10g Salt
 - 250ml Lukewarm water
 - 6g Fresh yeast or 3g dried
 - 15ml Rapeseed oil
- Mushrooms on Toast:
 - Wild mushrooms
 - Knob of unsalted butter

1. Kimchi

Wash your wild garlic by adding it to a deep container of cold water with a pinch of salt. Give the garlic a good mix around in the water and then leave to sit for a few minutes. The water should be deep enough so that any dirt sinks to the bottom whilst the garlic sits at the top. Take out the garlic and drain using a colander. Place the washed garlic in a bowl and mix with a pinch of salt. Cover with cling film and leave overnight at room temperature.

Peel and slice your shallots as thinly as possible. Unwrap the garlic and tip out any excess water from the bowl. Add your thinly sliced shallots and weigh. Add 2% salt and mix around by hand. Your kimchi is now ready to ferment and develop some real depth of flavour. Place your mixture into a Kilner jar or airtight Tupperware and leave to ferment. After 24 hours the kimchi will be ready to use but the longer you leave it the better (prime time is about two weeks).

2. Foccacia

Using a stand mixer fitted with a dough hook, add the salt and water to the bowl and mix to dissolve the salt. Stop the mixer and add the flour and the yeast. Mix on a medium speed for 10 minutes. The dough will be very elastic at this point. Add the rapeseed oil and mix for a further 3 minutes. The dough should stick to the dough hook and the bottom of the bowl but not to the sides as it mixes.

Remove the dough from the bowl and on a lightly oiled surface, roll the dough into a smooth ball and place in a lightly oiled 1lb loaf tin. Cling film and leave to ferment overnight in the fridge.

Remove the dough from the fridge and allow to prove for 2 hours at room temperature. Pre heat the oven to 220C. Unwrap the bread dough and place in the oven. Bake for 20 minutes. Remove from the oven and allow to cool.

3. Mushroom Toast

Take a slice of your bread and place in the toaster or under the grill. Whilst your bread is toasting slice your mushrooms into bite size pieces and place them into a hot pan with a little oil. Season with salt and fry, stirring occasionally, until they start to caramelize on the edges and flat sides. Stir in a knob of butter and turn down the heat. Now stir in your wild garlic kimchi and check the seasoning before spooning onto your toasted focaccia.