

MUSHROOM AND SILVERBEET STRUDEL

Equipment needed –

Chopping boards, small knives, measuring spoons (1/2, teaspoon, tablespoon), electric scales, large saucepan, colander, frying pan, large bowl, small bowl, fork, pastry brush, oven tray, 3 serving platters

Ingredients from the Garden –

- 1280 grams of silverbeet leaves, trimmed
- 1 leek, chopped finely
- 2 eggs, lightly beaten

Ingredients from the Pantry –

- 12 sheets of filo pastry
- 600 grams of button mushrooms, sliced thinly
- 4 tablespoons of vegetable oil
- 1 cup of cottage cheese
- ½ teaspoon ground nutmeg
- 90 grams of butter
- 2 teaspoons of packaged breadcrumbs

What to do –

1. Preheat the oven to 190 ° C.
2. Trim the silver beet, cutting the hard stems away from the leaves. Roll up the leaves and finely chop.
3. Thinly slice the mushrooms and leeks and set aside.
4. Place the trimmed silver beet in a large saucepan, cover with water and place on the stove. Boil until just wilted.
5. Once the silver beet has wilted, drain using a colander over the sink. Squeeze the excess liquid from the silver beet.
6. Measure out 4 tablespoons of vegetable oil. Cook the mushrooms and leek stirring over a medium heat until the mushrooms are soft. Drain and cool to room temperature.
7. Combine the silver beet and mushrooms mixture in a large bowl.
8. Measure out 1 cup of cottage cheese and add to the silverbeet/mushroom mixture.
9. Add ½ teaspoon of nutmeg, stir well to combine.
10. Crack 2 eggs into a small bowl, and whisk well to combine. Add the eggs to the silverbeet mixture and mix well to combine.
11. Layer 6 sheets of filo pastry on top of each other, brushing with melted butter between each layer. Making 2 piles of pastry, each with 6 sheets of filo.
12. Spoon ½ of the mixture along the long edge of each pile of pastry. Roll up like a swiss roll to enclose the mixture, folding in sides as you roll.
13. Lightly spray an oven tray with olive oil. Place the 2 strudels on the oiled oven tray. Lightly brush with the remaining butter and sprinkle the tops with the breadcrumbs.
14. Bake uncovered for about 25 minutes or until lightly browned.
15. Cut into pieces and divide onto 3 serving platter

Serves –

- 28 students.