

Wild Mushroom Tartine

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 pkg (50g) wild dried mushrooms
- 1 cup cremini mushrooms, chopped
- 4 slices Stonemill Sprouted 3 Grain Bread
- 4 tbsp olive oil (for the bread)
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 2 tbsp extra-virgin olive oil (for sauting)
- 3 tbsp balsamic vinegar
- 2-3 tbsp tamari sauce
- 2 tbsp maple syrup
- Garnish: Feta cheese, crumbled, parsley

Instructions:

1. Preheat oven to 375F. Place 4 slices of bread onto a baking sheet. Drizzle with olive oil and sprinkle with sea salt and pepper. Bake until toasted, about 8-10 minutes. You can also use a toaster if you prefer and drizzle olive oil and sprinkle sea salt and pepper on afterwards.
2. Place dried mushrooms in a bowl and pour hot water over top. Let mushrooms hydrate for 10 minutes. Remove mushrooms from water and keep stock for a soup, if you like.
3. Heat olive oil on medium in a large frying pan. Add cremini mushrooms and saute for a few minutes. Next add re-hydrated wild mushrooms. If pan is getting dry, add more olive oil or a splash of water.
4. Next add balsamic vinegar, tamari and maple syrup and cook for a few more minutes until mushrooms are tender but not soggy.
5. Spoon a generous amount of the mushroom mixture equally onto each slice of toasted bread. Top with feta and herbs to each piece. If you have any leftover mushroom mixture - LUCKY YOU! :)
6. Enjoy right away.

Notes:

Serves 2 as a main or 4 as a side dish. This is a dish you'll want to make and eat right away because it's best served hot. It is incredibly flavourful, you're gonna love it!! Serve it for breakfast with a poached egg on top.