
Wild Mushrooms on Pita Crisps (Hot)

Cindy Henley Ball

Party Recipes from the Charleston Junior League - 1993

4 small rounds pita bread

olive oil

2 cloves garlic

1/2 pound fresh mushrooms (shiitake, cremini, oyster or domestic), sliced or chopped

3 tablespoons olive oil

1 shallot, minced

2 tablespoons Cognac or brandy

1/4 cup minced fresh herbs (thyme, parsley, chives or tarragon)

3 tablespoons heavy or whipping cream

salt (to taste)

freshly ground pepper (to taste)

chopped fresh herbs or enoki mushrooms (for garnish)

Preheat the oven to 450 degrees.

Split open the pita rounds. Cut each into four triangles. Place the rounds, rough side up, on a baking sheet. Brush the rounds with olive oil.

Bake until golden, about 5 minutes. Peel and cut the garlic cloves in half and rub the cut edge across the pita crisps. Set aside.

Heat the three tablespoons of olive oil in a frying pan over medium heat. Add the shallot. Lower the heat. Cook until wilted but not brown, about 3 minutes. Add the mushrooms. Cook until they begin to release moisture.

Add the Cognac. Cook for 3 to 5 minutes, stirring constantly. Add the herbs, cream, salt and pepper. Heat through.

Spoon a small amount of the mushroom mixture onto each pita crisp and garnish with fresh herbs or enoki mushrooms. Serve immediately.

Yield: 12 to 15 servings

Appetizers

Per Serving (excluding unknown items): 1034 Calories; 43g Fat (37.9% calories from fat); 22g Protein; 137g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 1289mg Sodium. Exchanges: 8 1/2 Grain(Starch); 1/2 Vegetable; 8 1/2 Fat.