

Mushroom Balls - No Meat In There!

Ingredients:

Difficulty: Medium

(makes about 16 walnut sized balls)

400 gr. mushrooms, chopped into very small pieces (I used half shiitake mushrooms and half white mushrooms, you can only use one type too)

2 tbsp olive oil

a generous pinch + 1 tsp salt, divided

1 tbsp / 14 gr butter

1/2 cup / 1.2 dl finely diced onions

4 garlic cloves, mashed

1/2 cup / 1.2 dl rolled oats (use gluten free oats if you want)

1/2 cup / 1.2 dl breadcrumbs (use gluten free breadcrumbs if you want)

4 tbsp parsley, finely chopped

30 gr. parmesan cheese, very finely grated

black and cayenne pepper to taste

a pinch of dried oregano

2 eggs

Instructions:

1. Put olive oil in a pan and warm it over medium high heat. Add mushrooms and a generous pinch of salt and saute them until they start to get brown.

2. Add butter and onions and continue to saute the onions for a minute.

3. Add garlic and continue to saute them for 4-5 minutes, until mushrooms get really brown and the water is absorbed, but be careful and do not burn them.

4. Turn down the heat and add rolled oats. Mix them well with mushrooms.

5. Transfer the mixture to a mixing bowl.

6. Add parmesan and mix.

7. Add breadcrumbs, parsley, 1 egg, oregano, black and cayenne pepper and 1 tsp salt, mix well.

8. Add second egg and continue to mix all the ingredients very well.

9. Cover the mushroom mixture with stretch film. Let the film touch the surface of the mixture. Put the mixture in the fridge for at least 4 hours, or overnight.

10. When enough time passes and you are ready to take the mixture out of the fridge, preheat the oven to 220C.

11. Take a spoonful of the mixture and turn them into walnut sized balls. You can use ice cream scoop to be rather more precise or you can just use approximate measure, it's up to you. Put the balls on an oven tray with a baking paper. Bake in the oven, in medium rack, for about 15 minutes, until they start to get brown and baked well. Serve fresh either plain or with yogurt sauce, together with a side dish such as rice or similar. Enjoy!