

FOREST PIE

Serving 8

INGREDIENTS:

600 g potatoes
200 g parsnip
1-2 tbsp mustard
salt to taste
2 onions
3 cloves of garlic
1-2 cm ginger
sunflower oil to saute
250 g mushroom
200 g dried chickpeas
100 g root veg (optional)
1 dl oat cream
100-150 g walnuts
2 springs of rosemary
2 springs of parsley (optional)

PREPARATIONS:

1. *Peel, rinse and cut potatoes and parsnips into inch cubes. Cook in salted water until done (mash able), pour of the water, mash, stir in mustard, salt and pepper to taste.*
2. *Prepare the rest of the ingredients. The size of your cubes sets the style of the dish. Since this dish is based on a mince style filling I recommend small cubes (max 0,5 cm). I even chopped the chickpeas in half in one version. The walnuts should not be to big. Ginger and garlic should be very finely chopped.*
3. *Heat some sunflower oil in a frying pan over medium/high heat. Start with the onions cook until shiny and soft, add the optional roots so they have time to soften, cook for 2-3 minutes more. Add mushrooms and let them release some fluid. Adjust the heat while working so the onions do not brown. Add ginger and garlic and cook for a few more minutes. Add chickpeas, rosemary and the optional parsley.*
4. *Then add the oat cream/milk, cook for 4-5 minutes over low heat. Season with salt and pepper.*
5. *If the mixture gets to dry, add some water or broth. Just before you remove it from the pan add the chopped walnuts. Pour the mixture into an ovenproof baking dish. Add the mash on top and don't make it to smooth (sprinkle some rosemary on top if you like).*