

MUSHROOM GALLETTE

By Dr. Cindy Tanzar
(Maintenance)

This savory Mushroom Galette features a golden, grain-free crust filled with caramelized onions, sautéed mushrooms, garlic, and herbs. Finished with rich, melty cheese, it's a rustic, flavorful dish perfect for maintenance or special occasions.

Makes 2-3 servings.



INGREDIENTS

Pastry

- 6 oz. (1.5 cups) mozzarella, shredded
- 1 Tbsp Kerry Gold butter
- 1/2 cup finely sifted almond flour
- 1/4 cup coconut flour
- 1 tsp. baking powder
- 1/2 tsp. garlic powder
- 1/4 tsp. Pink Himalayan salt
- 1 large egg



Filling

4 Tbsp Kerry Gold butter, divided

1 large onion, thinly sliced

8 oz. sliced mushrooms

2 cloves garlic, finely chopped

1 tsp. thyme

1/2 tsp. Pink Himalayan salt

1/2 tsp. black pepper

3 oz. shredded cheese (Gruyere, Swiss, Parmesan) or crumbled cheese (Blue cheese or Feta)

DIRECTIONS

In a large skillet melt 2 Tbsp butter over medium-low heat. Add onions and sauté until soft and golden. Remove from pan.

Melt 2 Tbsp butter in same pan. Add mushrooms and garlic and sauté until brown. Season with thyme, salt & pepper. Mix with onions and set aside.

Whisk together almond flour, coconut flour, baking powder, garlic powder & salt. In a large skillet melt mozzarella and butter over medium heat. Mix until combined and creamy. Add flour mixture and lightly mix, then add egg and use spatula to push against pan and combine. When able to handle, knead with hands until uniform.

Roll dough on parchment paper to 11-12" circle, crimping edges as necessary. Add 1/2 mushroom mixture up to 2" from edge. Sprinkle with 2-oz cheese. Add rest of mushrooms and 1-oz cheese on top.

Fold outer dough inward over filling, crimping to stick together. Brush with a beaten egg.

Bake for 25 minutes.