



Savoury and Sweet: Crushed Nuts Two Ways

Crushed nut shells provide a perfect base for these two recipes.

Savoury Ingredients:

3 cups Chanterelle Mushrooms
6 Wild Leeks

Directions:

- ❖ Choose your nuts carefully. Discard those whose shells are damaged or discoloured.
- ❖ Don't discard the good shells. Set aside for later use as utensils or for sport.
- ❖ Crush nuts into a fine paste. Use a kitchen utensil (the outer shell works well) or have one of your heavier friends do the work. Elephants are handy for this task.
- ❖ Once the nuts are in paste form, line a round pie plate with the paste, pushing it up the sides as far as it can go without tearing it.
- ❖ Wash the leeks thoroughly, then cut and chop. Do the same with the mushrooms.
- ❖ Toss together mushrooms and leeks and place in the pie plate.
- ❖ Let set (approximately 15 minutes) and then slice.
- ❖ Serve with Dandelion Salad.