



Mushroom Bake

Many Cornish people, especially miners and fisherman, had simple diets that depended on affordable and nourishing ingredients. Vegetables were a staple, often combined with dairy, grains, or occasional meat. Many Cornish families also grew their own vegetables and relied on what was available seasonally.



Prep: 25 min **Cook:** 1 hr **Total:** 1:25 hrs **Servings:** 4 **Oven:** 425°

Ingredients

1/4 cup butter
1/4 cup all-purpose flour
1 1/2 cups milk
1 cup grated Cheddar cheese, divided
1/2 lb mushrooms, cleaned and thinly sliced
2 onions, peeled and thinly sliced
1/4 cup bread crumbs
1/2 tsp salt
1/4 tsp ground black pepper

Directions

1. Preheat oven to 425 degrees. Lightly oil a 3-quart casserole dish or pan.
2. In a medium saucepan, melt the butter over medium heat. Whisk in the flour until smooth.
3. Whisk in the milk until smooth and creamy. Cook, while whisking, for 5 minutes. It will thicken as you whisk.
4. Remove the saucepan from the heat and stir in 3/4 cup grated Cheddar cheese until it has melted. Stir in the mushrooms and the onions.
5. Spoon the mixture into the prepared casserole dish and top with the remaining cheese.
6. In a small bowl, combine the bread crumbs, salt, and pepper. Sprinkle the bread crumb mix atop the cheese.
7. Place in the oven and bake for 50 minutes.
8. Remove from the oven and let cool slightly before serving.



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