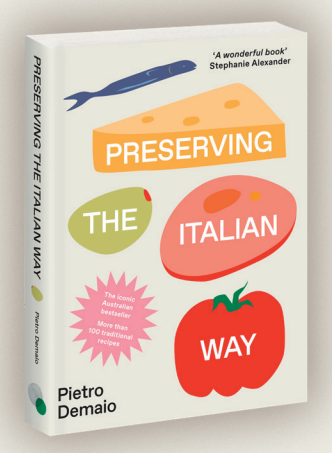
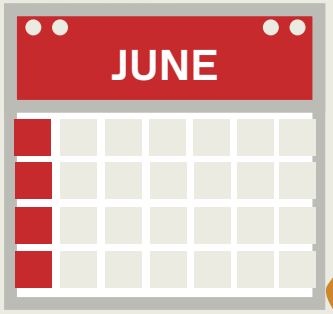
PRESERVING THE ITALIAN WAY

Pietro Demaio

Button mushrooms in vinegar

Funghetti coltivati sott'aceto





This recipe is ideal for those small button mushrooms you find in the supermarket.

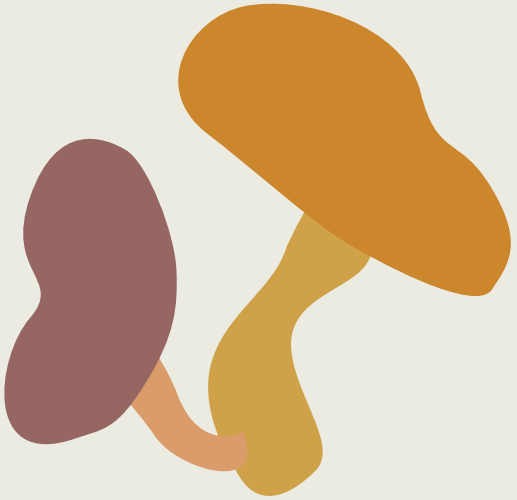
2 teaspoons table salt
juice of 1 lemon
2 kg small button mushrooms, wiped or brushed clean, left whole
1.5 litres white wine vinegar
2 cloves
1 cinnamon stick
light olive oil, to seal
handful of tarragon leaves
10 whole black peppercorns

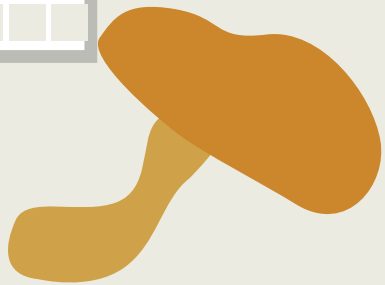
In a large stockpot, combine 3 litres of water with the salt and lemon juice and bring to the boil. Carefully drop in the mushrooms and wait until the mixture comes to the boil again, then turn off the heat and drain the mushrooms. Place them in clean jars (see steps 1–2, page 21) while you prepare the vinegar.

Heat the vinegar, cloves and cinnamon stick in a stockpot until boiling. Take off the heat and allow to cool slightly before removing the whole spices and pouring the still hot vinegar over the mushrooms, ensuring they are completely submerged but there is still a 2 cm gap at the top of the jars.

Add a splash of olive oil to each jar, as well as some tarragon leaves and black peppercorns. Seal the jars while the vinegar mixture is still hot; the jars will seal hermetically as the mixture cools.

Store in the fridge for 1 month before eating; the mushrooms will keep for up to 6 months in the fridge.





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