

Mushroom Spinach Pie



Suzanne Friemann, Director of the Pelee Island Bird Observatory, shares this special pie that she makes for her husband's birthday. The crispy pastry is a perfect foil for the creamy mushroom filling, as surprising and delightful as coming upon a woodcock in the forest duff. The recipe is adapted from *The Buddhist Chef*, an excellent vegan website, where you'll find a helpful video for this dish.

INGREDIENTS

- 2 TBSP + 3 TBSP** olive oil
- 2** onions, chopped
- 4 CUPS** mushrooms, button or cremini or a mix
- 2** garlic cloves, minced
- ½ TSP** ground allspice (or sage & rosemary)
- 2 TBSP** soy sauce
- 1-2 TBSP** maple syrup
- 2 TBSP** tomato paste
- 1** 14-oz can pure coconut milk (full fat)
- Salt and pepper to taste
- 4** sheets phyllo pastry
- 4** cups baby spinach

SERVES 2-4

METHOD

Preheat the oven to 350°F.

In a large frying pan, heat 2 tablespoons oil to sizzling and add chopped onions and mushrooms: leave small mushrooms whole or quarter or slice thickly. Brown mushrooms and onions for 5 to 10 minutes. (If the temperature is too low the mushrooms will release their juices.)

Add garlic, allspice, soy sauce, maple syrup, and tomato paste. Season with salt and pepper. Continue cooking for 2 minutes. Stir in coconut milk, mix well, and continue to cook until the sauce thickens, about 10- 15 minutes.

On a lightly floured surface, using 3 Tbsp oil, lightly brush one sheet of phyllo with oil. Cover with a second sheet and brush that lightly with oil. Repeat for all 4 layers.

Place prepared phyllo sheets in a 9x5 inch loaf pan or a shallow casserole dish, making sure the phyllo overlaps one side of the dish so you can fold it over to create a top after the filling is added.

Pour mushroom mixture into the dish and heap on fresh spinach leaves. Fold phyllo dough over the spinach and tuck the loose end into the dish. Lightly brush with oil.

Bake for 30 minutes, or until golden brown.

