

Chanterelle Galette

<http://userealbutter.com/2015/08/30/chanterelle-mushroom-galette-recipe/>
from *Earthy Delights*

dough

2 1/2 cups all-purpose flour
1 tsp salt
1/4 tsp sugar
8 oz. unsalted butter, cut into 1/2-inch cubes and chilled
2/3 cup ice water
1 egg, beaten with 1 tbsp water

mushroom filling

1 lb. chanterelle mushrooms or other wild mushrooms
2 tbsps olive oil
2 medium onions, sliced
1 tbsp fresh thyme
salt
pepper

béchamel sauce

1 tbsp butter
2 tbsps all-purpose flour
1 cup milk
1 egg, beaten frothy
4 oz. gruyère cheese, grated
salt
pepper

Make the dough: Place the flour, salt, and sugar in the bowl of a food processor and pulse a few times with the metal blade to blend. Add the butter cubes and pulse until the butter resembles pea-sized crumbs. Add the ice water all at once and pulse until just mixed. Shape the dough into 2 equal flattened disks, wrap in plastic and refrigerate for 1 hour.

Make the filling: Slice the mushrooms and set aside. Heat 1 tablespoon of olive oil in a sauté pan over medium heat. Add the onions and stir occasionally until translucent. Continue to cook the onions, reducing the heat to prevent burning, stirring every 5 minutes. If the onions start to burn, you can add a little water to the pan. Keep cooking until the onions are soft and caramelized – a dark brown color. It will take anywhere from 30 minutes to an hour (took me 50 minutes). Remove from pan. Turn the heat to medium-high and toss the chanterelles (or whatever mushrooms you are using) into the pan and dry fry them for a minute or two until they begin to wilt. Add 1 tablespoon of olive oil and sauté until the mushrooms are cooked. Turn off the heat and stir the onions, thyme, and salt and pepper into the mushrooms. Cook until any liquid in the pan has evaporated. Set aside.

Make the béchamel sauce: In a medium saucepan, melt the butter over medium heat. Add the flour and stir or whisk until the mixture begins to bubble (about 3 minutes) to make a roux. Heat the milk in a separate saucepan until hot, but not boiling. Whisk 1/4 cup of the hot milk into the roux. Keep whisking more milk into the roux, a little at a time, until it is all incorporated. Reduce the heat to low and whisk until the sauce is thickened and smooth. Mix the grated cheese in a little at a time. Season with salt and pepper. Temper the beaten egg by whisking a little of the hot milk sauce into the egg to slowly raise the temperature. When a third of the sauce has been added to the egg, scrape it all back into the saucepan with the rest of the sauce. Stir to mix it well. Set aside.

Assemble the galette: Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper. On a lightly floured work surface, roll the dough disks out to 10-inch diameter circles, about 1/8-inch thick. Place a third of the mushroom filling in the center of each dough circle, making sure to leave a 2-inch boundary from the edge of the dough. Pour half of the béchamel sauce on each of the mushroom piles. Top the béchamel with the remaining mushrooms. Fold the 2-inch edges of the dough over the mushroom filling toward the center in approximately 6 pleats. Brush the top of the dough with the egg wash (the beaten egg mixed with water) and sprinkle some extra grated cheese and salt on top. Bake for 20-25 minutes until the crust turns golden. Makes 2 galettes. Serves 8-10.