

MUSHROOM STACK

(serves 4)

Lake Crystal Salt

4 large flat mushrooms, stalks cut off
1 large avocado, flesh mashed
2 tablespoons cream
4 large eggs

Olive oil
Ground black pepper
1 crushed clove garlic
8 slices bacon, cut into strips

METHOD

- Pre-heat a grill to medium high.
- Brush the mushrooms with olive oil.
- Put under the grill and cook on both sides for 3-4 minutes or until tender.
- In a bowl combine the avocado, garlic and cream together.
- In a frying pan cook the bacon strips until crisp and golden.
- Put to one side and keep warm.
- Meanwhile bring a pan of salted water to a gentle boil.
- Add the eggs and poach.
- To serve:
- Place a mushroom on a warmed plate.
- Spread with avocado mix.
- Top with the poached egg.
- Sprinkle over the bacon.
- Season with *Lake Crystal Salt* and ground black pepper.
- Serve immediately.

Lake Crystal natural lake salt - an organically certified fine food salt developed for the food enthusiast, discerning cook and the health conscious consumer.