

Shrooms

In The Kitchen

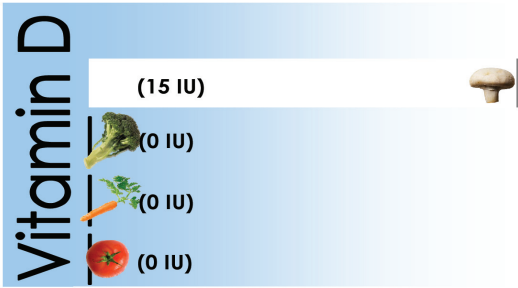
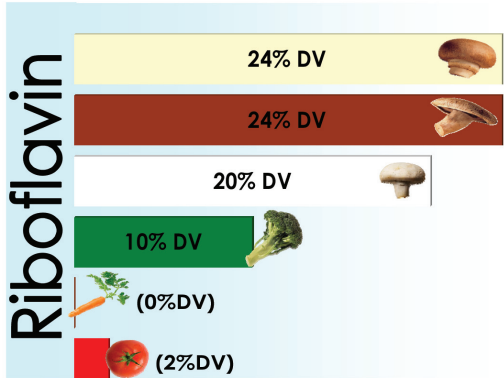
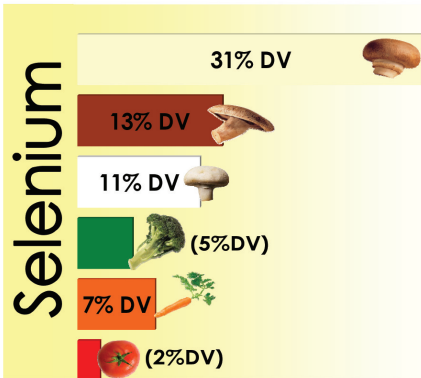
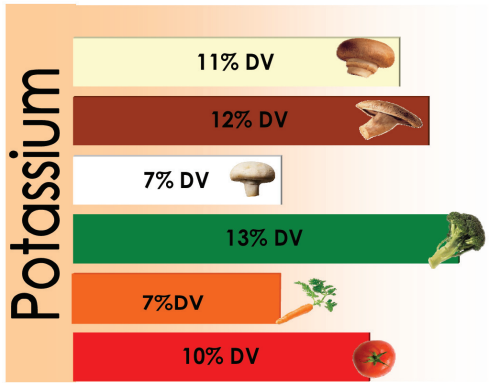
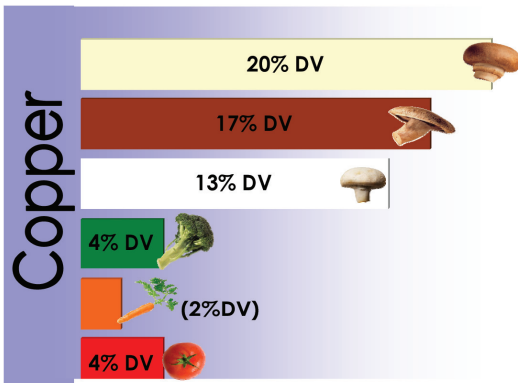


A Guide to Fungus in the Frying Pan Compiled by Vickie Phelps

Mushrooms Light in Color, Dense in Nutrients

Naturally nutritious and delicious mushrooms make any everyday meal better by adding great flavor with few calories and no fat.

Excellent source $\geq 20\%$ Daily Value • Good Source 10-19% Daily Value



- 4-5 crimini mushrooms =
- 1 medium Portabella cap =
- 4-5 white mushrooms =
- 1 medium broccoli stalk =
- 1 carrot =
- 1 medium tomato =

USDA National Nutrient Database for Standard Reference, Release 19 (2006) Broccoli #11090; Carrot #11124; Crimini mushroom #11266; Tomato #11529; Portabella mushroom #11135; White mushroom #11260.
US FDA CFSAN A Food Labeling Guide <http://www.cfsan.fda.gov/~dms/flg-7a.html>. Serving size based on FDA's Reference Amounts Commonly Consumed.

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FREEZING MUSHROOMS

Freezing Raw (Freeze whole, for use within 3 months) : Choose very fresh mushrooms; wipe with a clean cloth to remove dirt. Place each a little apart on a baking tray and open-freeze as quickly as possible. When mushrooms are frozen, pack into containers, fit on a lid and replace in freezer. Use within 3 months. Use straight from the freezer for pies, casseroles or stews or thaw for about 1 hour and use as required.

Freezing, Par-boiled: Wash raw mushrooms. Add 1/2 teaspoon salt to 1 quart rapidly boiling water. To keep mushrooms white, add 1/2 teaspoon lemon juice to water. Add mushrooms. Let water come to a boil again. Boil mushrooms 3 minutes. Rinse with cold water. Drain thoroughly. Seal in plastic bags. Freeze. Will keep about one year.

Freezing Sautéed Mushrooms:

Saute 1 lb. of mushrooms in butter with salt and pepper, using high heat for 1 or 2 minutes, stirring constantly. Cool, then store in small containers and freeze. Use frozen, or thaw to room temperature about one hour; use for omelettes, sauces or served on toast.

Canning Mushrooms at Home

Quantity: An average of 14½ pounds is needed per canner load of 9 pints; an average of 7 ½ pounds is needed per canner load of 9 half-pints—an average of 2 pounds per pint.

Quality: Select only brightly colored, small to medium-sized domestic mushrooms with short stems, tight veils(unopened caps), and no discoloration. **Caution: Do not can wild mushrooms.**

Procedure: Trim stems and discolored parts. Soak in water for 10 minutes to remove dirt. Wash in clean water. Leave small mushrooms whole; cut large ones. Cover with water in a saucepan and boil 5 minutes. Fill hot jars with hot mushrooms, leaving 1-inch headspace. Add 1/2 teaspoon of salt per pint to the jar, if desired. For better color, add 1/8 teaspoon of ascorbic acid powder, or a 500-milligram tablet of vitamin C. Add fresh hot water, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened paper towel. Adjust lids and process in an approved Pressure Canner. (USDA Guide to Home Canning, 2006)

Recommended process time for Mushrooms in a dial-gauge pressure canner						
Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of			
			0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot	Half-pints or Pints	45 min	11 lb	12 lb	13 lb	14 lb

Recommended process time for Mushrooms in a weighted-gauge pressure canner					
Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of		
			0–1,000 ft	Above 1,000 ft	
Hot	Half-pints or Pints	45 min	10 lb	15 lb	

Ah, the lowly fungus.

Edible mushrooms are used extensively in cooking, in many cuisines (notably Chinese, European, and Japanese). Though mushrooms are commonly thought to have little nutritional value, many species are high in fiber and provide vitamins such as thiamine, riboflavin, niacin, biotin, cobalamins, ascorbic acid. Though not normally a significant source of vitamin D, some mushrooms can become significant sources after exposure to ultraviolet light, though this also darkens their skin. Mushrooms are also a source of some minerals, including iron, selenium, potassium and phosphorus.

Most mushrooms that are sold in supermarkets have been commercially grown on mushroom farms. The most popular of these, *Agaricus bisporus*, is safe for most people to eat because it is grown in controlled, sterilized environments, though some individuals do not tolerate it well. Several varieties of *A. bisporus* are grown commercially, including whites, crimini, and portabello. Other cultivated species now available at many grocers include shiitake, maitake or hen-of-the-woods, oyster, and enoki.



Using Dried Mushrooms

Step 1:

Reconstitute dried mushrooms for most recipes by placing the mushrooms in a cup or bowl.

Step 2:

Fill the container about halfway.

Step 3:

Cover the mushrooms with boiling water.

Step 4:

Cover the container with plastic wrap to prevent steam from escaping.

Step 5:

Steep for 5 to 10 minutes or until the mushrooms are tender.

Step 6:

Strain the water, but don't discard it; it's very flavorful and can be used in your recipe.



Step 7:

Chop the mushrooms into small pieces and use them in the recipe as directed.

Step 8:

For a drier dish, such as stuffing or a casserole, simmer the steeping water for a few minutes to concentrate the flavors and reduce the volume a little, then add it to your dish. Add the water directly to any liquid dish, such as soup or sauce. Strain the liquid or pour it off carefully if the mushrooms contained grit.

Food for Thought

The Vitamin D Download: Mushrooms are the only natural fresh vegetable or fruit with vitamin D; a serving of 4-5 white button mushrooms provides 15 IU. Preliminary research suggests that the ultraviolet light found in sunlight may boost levels of vitamin D in mushrooms. The natural process of “enriching” mushrooms by briefly exposing mushrooms grown in the dark to light for 5 minutes may boost existing vitamin D levels from 15 IU (4 percent of Daily Value) to as much as 100 percent of the Daily Value (400 IU). Currently, the industry is investigating ways to make mushrooms enriched with vitamin D through light enhancement commercially available.

Portabella Mushroom Tartlets

- 18 small Portabella mushrooms (gills removed, marinated)
- 4 Tbsp. butter
- 1 large red onion (sliced thin)
- ¼ cup heavy cream
- 1 4 oz. pkg. goat cheese, softened.
- 1 Tbsp. thyme, fresh
- Salt and pepper

Grill mushrooms and set aside.

Melt butter in sauté pan. Cook onions until caramelized, about 15 min.

Stir in cream, cheese and seasonings. Cook until thickened.

Divide mixture among the mushrooms and serve.



Peking Portabella

1 oz. extra virgin olive oil
2 cloves chopped garlic
3 each large Portabella mushroom caps
2 each red bell peppers, julienne
1 oz. soy sauce
1 oz. rice wine vinegar
6 oz. prepared hoisin sauce
Salt and pepper to taste
1 pkg. Chinese style pancakes or soft flour tortillas
1 bunch green onions, julienne
6 oz. peanut sauce (for dipping)

Prepare Mushroom Mixture:

In large sauté pan, sauté garlic until transparent.

Add mushrooms and red peppers, stir often (about 6 min. until peppers are al dente).

Reduce mixture with soy and rice wine vinegar.

Season with salt and pepper.

Add hoisin sauce to mixture.

Cook mixture over low flame until sauce reduces, leaving thickly coated mushrooms and peppers. (Can be prepared 24 hrs. in advance and warmed for service.)

Assembling the hors d'oeuvre:

Lay out flour pancake on cutting board.

Using tongs, place mushroom mixture in the center of pancake.

Top mushroom mixture with green onions and roll in cigar shape.

Rolls can be warmed in oven or microwave before service.

At service, slice the ends of each roll on an angle. Make 2 additional slices, on same angle, making 3 uniform pieces.

Serve on platter with peanut sauce for dipping.

Mushrooms Florentine

- 24 Button mushrooms (1" in diameter)
- 1 pkg. frozen creamed spinach
- 4 oz. grated sharp (yellow) cheddar cheese
- Olive oil
- Old Bay seasoning
- Pimentos or roasted peppers for garnish.

Remove stems from mushrooms, brush lightly with olive oil and sprinkle with Old Bay seasoning. Broil 6-8 inches from heat source, cap side up for about 6-8 min. or until browned. Turn over, fill each with a spoon of thawed spinach. Sprinkle with cheese. Garnish with strips of pimento or pepper. Broil until cheese is melted.

Serve as the main course by substituting 4(four) 4" Portabella mushrooms and divide ingredients equally. Lengthen cooking time accordingly.

Mushroom Falafel

- 1 cup canned chick peas
- 1 small onion, diced
- 1 clove garlic, crushed
- 1 tsp Greek Spice
- 2 Tbsp whole wheat flour
- 1 cup finely chopped Button mushrooms



Place the chick peas into a ziplock bag and mash well. Saute the mushrooms in 1 tsp of olive oil until well softened and nearly dry. Mix the mushrooms into the chick pea mash. Add remaining ingredients and mix well. Form into balls the size of ping-pong balls. Flatten slightly and fry until browned on each side. For extra flavor, be sure to use the same pan that you prepared the mushrooms in.

Phoenix Fritters

Yet another name for our multifaceted Pleurotus is phoenix. These fritters make a nice hors d'oeuvre because they aren't messy to eat. They can be enjoyed alone or with an accompanying sauce, such as a mustard mayonnaise.

Ingredients:

- 1 quart corn oil, for frying
- 18 large whole oyster mushrooms
- 1 egg
- 1/3 cup half-and-half
- 1/2 teaspoon salt
- 1 teaspoon soy sauce
- 1/2 cup all-purpose flour
- dash of cayenne pepper

*A woman announces to her friend that she is getting married for the fourth time.
"How wonderful! But I hope you don't mind me asking what happened to your first husband?"
"He ate poisonous mushrooms and died."
"Oh, how tragic! What about your second husband?"
"He ate poisonous mushrooms too and died."
"Oh, how terrible! I'm almost afraid to ask you about your third husband."
"He died of a broken neck."
"A broken neck?"
"He wouldn't eat the mushrooms."*

Preparation: (Serves 4)

Place chipotle peppers in a blender with the liquid in the can and blend until smooth.

Heat the corn oil in a 4-quart saucepan to 400° F. Clean the mushrooms of dirt. Combine the egg, half-and-half, salt, soy sauce, flour, and cayenne pepper and whip with a whisk until smooth.

In small batches, submerge the mushrooms in the batter but keep them separated. Place mushrooms in hot oil 2 to 3 at a time, keeping them well separated, and fry until golden brown, about 30 seconds. Remove from oil and set on a paper towel to drain. Serve immediately.

Portabella “Pizza”

One of the most dramatic ways to take advantage of the size and meatiness of a Portabella cap is to substitute it for a pizza crust. And it’s much quicker and easier to make a portabella pizza than a regular one. Smaller caps, found in 6-ounce packages in grocery stores, are fine for making these miniature pizzas. If they measure 4 inches or less, you don’t have to prebake them. Very large caps, however, need to be baked for about 5 minutes in a 350°F or a microwave at the highest setting for 1 minute oven before you proceed with the toppings. Use any of your favorite pizza toppings - pepperoni, sausage, onions, peppers, and so forth. (Most people prefer to eat this pizza with a knife and fork.)

Ingredients:

- 1 6-ounce package Portabella caps, or 4 whole Portabella caps
- A little oil, for brushing
- ½ cup tomato sauce
- 5 ounces mozzarella or any other good melting cheese

Preparation:

Preheat the oven to 350°F.

Wipe the caps clean of any dirt and brush lightly with oil. Place them on a baking dish, gill side up. Cover generously with the sauce, then top with the cheese. Place in the oven and bake for 6-8 minutes, or until the cheese is well melted. Serve immediately. (Most people prefer to eat this pizza with a knife and fork)

Bacon and Cream Cheese Stuffed Mushrooms

Ingredients:

8 oz. cream cheese, softened
4-6 strips of bacon, fried and crumbled; reserve fat
1 small onion, finely chopped
20-25 large mushrooms, stems removed
about 8 mushroom stems, finely chopped



Preparation:

Saute onion and mushroom stems in bacon fat until tender. Drain off excess fat. Mix crumbled bacon, onion and stems with softened cream cheese until the mixture is workable.

Stuff each mushroom and bake at 350 degrees F for 10-15 minutes. Finish under the broiler just until tops are golden.

Baked Scallops and Mushrooms in Garlic Sauce

Ingredients:

3/4 lb scallops
1/4 cup flour
1/2 lb mushrooms, stems removed and minced
3 tbslp olive oil
1/4 cup white wine
3 tbslp fine bread crumbs
2 tbslp minced onion
1 tbslp minced parsely
2 clove minced or pressed garlic
pinch of red pepper flakes & salt

Preparation:

Preheat oven to 350F. Brush a shallow baking dish with 1 tbs of the oil. Bake the 'shroom caps for 10 min. Combine stems, crumbs, onion, parsely, red pepper and salt mix together well. Add scallops to the baking dish.

(If you really want to be artistic, plan it out so the scallops are a good size to fit into the mushroom caps, and buy the same number of each. Then you can stick one scallop in each 'shroom.)

Add the wine to the baking dish. Sprinkle the minced mixture over all, and drizzle the remaining oil over. Bake for 20 more min, or until done.

Baked Stuffed Mushroom

Ingredients:

16-20 medium fresh mushrooms
 1 can of crab meat (drained)
 1-2 tblsp mayonaise
 1/4 cup (or so) shredded swiss cheese

Preparation:

Cut the stems of the mushrooms and scoop out the centers. Finely chop stems and centers. Combine the crab meat and mayo (as you would for tuna salad). Add whatever seasonings you like (I use "Pinch of Herbs") to taste. Add in chopped stems and centers. Add in cheese. Stuff into mushroom cups and place under the broiler for 5-7 minutes.

Note:

My sister has a "gourmet" recipe with about 97 different ingredients, and it IS good, but this is the one dinner guests seem to prefer - they usually are the first to disappear!

Garden-stuffed Mushrooms

Ingredients:

1/2 cup dried, crumbly-style herb seasoning stuffing
 mix, crushed
 1/4 cup butter or margarine, melted
 1/4 cup finely chopped carrot
 1/4 cup finely chopped green pepper
 pinch of pepper
 2 tblsp finely chopped onion
 30 mushrooms, about 1 1/4-inch, stems removed

Preparation:

Heat oven to 350F. In small bowl, stir all the ingredients together except mushrooms. Stuff each mushroom cap with 1 tablespoon filling. Place in buttered 13x9-inch baking pan.

Bake for 20 to 25 minutes or until tender.

Mushroom Tarts

Ingredients

PASTRY

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1 cup cold butter, diced
- 1 cup cream cheese, diced

FILLING

- 2 tablespoons butter
- 8 ounces fresh mushrooms, chopped
- 8 ounces wild mushrooms, chopped
- 2 cloves garlic, minced
- 1 cup whipping cream
- 1 tablespoon lemon juice
- 1/4 cup chopped green onions
- 1/4 cup chopped parsley
- salt & freshly ground black pepper



Directions

1. PASTRY: Place flour & salt in food processor and scatter butter & cheese over top; pulse together with on-off motion.
2. Remove from processor, form into a ball & chill for 30 minutes.
3. Pinch 1 inch balls from the pastry & pat (NOT rolled as this pastry is very rich) into small tart or muffin tins- or foil tart tins.
4. Chill until needed.
5. Preheat oven to 400F.
6. Heat butter in skillet; add mushrooms & saute for 5 minutes or until juices disappear.
7. Add garlic & cream & bring to a boil; add lemon juice, green onion, parsley & seasonings.
8. Spoon into pastry cases.
9. Bake for 15- 20 minutes or until pastry is edged with gold & mushroom filling is hot.
10. Turn out of tins & cool for 10 minutes.
11. These may be frozen on cookie sheets, placed in freezer containers & reheated from frozen state at 350F for 15 minutes or until filling is hot.

Mushrooms Tapenade

Ingredients:

4 tblsp capers
6 anchovy fillets, drained
1 cup olive oil
1/4 cup lemon juice
1 lb small mushrooms
Freshly ground black pepper

Preparation:

Rinse two tablespoons of capers and dry on a paper towel. Pound them and the anchovies in a mortar or press them through a sieve with a spoon. When the mixture is reduced to a paste, transfer it to a mixing bowl. Add the oil little by little, stirring as you do it. Add the lemon juice and pepper to taste. Let the sauce stand in a covered container at least 4 hours before serving. Remove the stems from the mushrooms and clean them with a damp paper towel. Place five on each plate and spoon three tablespoons of the tapenade over them. Garnish the plates with the remaining capers.

A mushroom walks into a bar and orders a drink. The bartender says, "I'm sorry, sir, but we don't serve your kind in here."

*"But why?" asked the mushroom.
"I'm a fun guy! (fungi)"*

Appetizers

5 Day Marinated Mushrooms

2 lbs. canned button mushrooms
1 bottle Wishbone Italian Dressing
3 or 4 cloves, crushed
1 c. wine vinegar
Lots of oregano
Salt & pepper

Put in a large jar. Shake. Refrigerate. Once a day shake and turn jar upside down. Marinate for 5 days.

Mushroom Muffins

Ingredients

- 1 cup finely chopped mushrooms
- 1/2 cup finely diced ham
- 2 eggs, slightly beaten
- 1/4 cup sunflower oil
- 1/2 cup milk
- 1/4 cup grated parmesan cheese
- 2 tablespoons chopped parsley
- 1 tablespoon chopped thyme
- 2 cups self raising flour
- 1/2 teaspoon baking powder

Directions

1. Preheat oven 200°C, line muffin pans with paper cases or grease them.
2. Mix eggs, oil, milk, parmesan, parsley and thyme.
3. Add mushrooms and ham and mix thoroughly.
4. Add flour and baking powder and mix just until combined, do not overmix.
5. Place in prepared pans and bake 15/20 minutes or until skewer inserted in the center comes out clean.
6. Remove from pans immediately and let them cool on a rack.
7. Variations: if you like a stronger mushroom flavour you can add 1/4 cup dried mushrooms soaked in hot water until tender and chopped- You can substitute diced bacon for the ham- You can add 1/2 cup chopped walnuts- Can be made cholesterol free by omitting egg yolks and using only whites+ using skimmed milk instead of full fat+ omitting the cheese.
8. Serve these muffins with soups, beef or chicken meals, and salads.



Mushroom Puff

Ingredients

- 4 tablespoons butter
- 1 lb fresh mushrooms, coarsely chopped
- 1(10 3/4ounce)can cream of mushroom soup
- 1/4 teaspoon cream of tartar
- 4 eggs, separated
- nutmeg
- salt and pepper
- 4 tablespoons flour
- 2 tablespoons parsley
- 1 tablespoon onions, Minced
- 2 tablespoons dry sherry
- 1/2 teaspoon worcestershire sauce



Directions

1. Melt butter in skillet, add mushrooms, cover and saute over med heat for 5 minutes stirring frequently.
2. Uncover and saute 5 minutes more until all the juices are absorbed.
3. Reduce heat, blend in flour, add Sherry worcestershire sauce and mushroom soup. Stir until thickened.
4. Blend in well beaten egg yolks and stir over low heat for 1 minute.
5. Add parsley, onion and seasonings. Let cool.
6. Beat egg whites until foamy, add cream of tartar. Beat until stiff but not dry.
7. Fold into the mushroom mixture.
8. Adjust seasonings to your taste.
9. Bake in ungreased 10 X 6 X 2 baking dish at 350 for 1 hour or until puffed and brown.

Marinated Mushrooms with Mustard

Combine in a glass or stoneware bowl:

- 1 lb mushrooms, cleaned
- 1 tablespoon chopped chives or scallions

In a small bowl, combine:

- 2 tablespoons red wine vinegar or cider vinegar
- 5 tablespoons extra virgin olive oil
- 1 teaspoon Creole or coarse German mustard
- 1/2 teaspoon salt
- 4-5 drops of Tabasco
- 1 tablespoon fresh basil, minced
- 1 teaspoon dried parsley
- 1/2 teaspoon dried oregano
- 2 cloves garlic, pressed
- pinch red pepper flakes



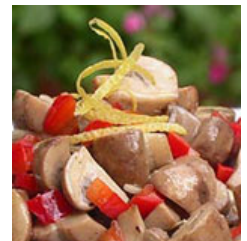
Whisk together ingredients for dressing; pour over the mushrooms and marinate for one hour, turning occasionally.

Serve at room temperature. Keeps well in refrigerator.

Marinated Mushrooms & Onions & Artichoke Hearts

MARINADE:

- | | | |
|-------------------------|------------------------|----------------------------------|
| 1 c. cider vinegar | 1 clove crushed garlic | 1 tsp. salt |
| 1 c. water | 1/2 tsp. oregano | 1-2 tbsp. chopped parsley, fresh |
| 1/2 c. red wine vinegar | 2 tbsp. brown sugar | 1 tbsp. prepared mustard |
| 1/2 c. salad oil | 1/2 tsp. thyme | Pinch pepper |
| | | Bay leaf |



Marinate 1 pound fresh mushrooms, 1 sliced red onion, 2 cans artichoke hearts for several hours.

Spicy Marinated Mushrooms

1/3 cup red wine vinegar
1/3 cup extra virgin olive oil
1 lb. mushrooms
5 cloves garlic
1 teaspoon salt
1/2 teaspoon oregano, minced
1/2 teaspoon basil, minced
1 large shallot, minced
2 green onions, chopped
1 teaspoon hot red pepper flakes
finely chopped red or green sweet peppers (optional)



Appetizers

Note: Use fresh herbs when available. If using fresh basil and oregano double quantities.

Brush off fresh mushrooms to clean.

Bring all other ingredients to a boil in a medium saucepan. Reduce heat and simmer (small bubbles) for 6 minutes. Toss in mushrooms and stir; cover pan. After 1 more minute of cooking, remove pan from heat, uncover and allow to cool.

Pour into clean jar and store in refrigerator. Serve cold. Great for bringing as a side for picnics.

Quantities may be doubled for a larger batch. Keeps up to 1 month in refrigerator.

If you like an extra tangy version, add 1 tablespoon of lemon juice or balsamic vinegar.

Teriyaki Mushroom Salad

- 1 tablespoon olive oil (or butter)
- 1/2 pound mushrooms (sliced)
- 1/4 cup teriyaki sauce
- 1 handful salad greens
- 1 handful grape tomatoes
- 1 handful sliced cucumber
- 1 stalk celery
- 1 teaspoon toasted sesame seeds
- 1 green onion (sliced)
- 1 tablespoon goats cheese (crumbled)



Directions:

1. Heat the oil in a pan.
2. Add the mushrooms and saute until just caramelizing, about 10-15 minutes.
3. Add the teriyaki sauce and simmer to reduce to thicken.
4. Assemble the rest of the salad.
5. Pour the mushrooms and teriyaki sauce onto the salad and garnish with toasted sesame seeds, green onions and crumbled goat cheese.

Wild Mushroom Risotto

4 3/2 oz. vegetable broth
3 Tbsp. butter
3 Tbsp. olive oil
2 shallots, sliced
1 lb. assorted wild mushrooms, sliced
1 cup Arborio rice
1/2 cup dry sherry
1 cup freshly grated parmesan cheese
3/4 tsp. fresh thyme, chopped



Bring vegetable broth to simmer in medium saucepan.

Reduce heat to low, cover and keep broth hot.

Melt 3 Tbsp. butter with olive oil in heavy, large saucepan over medium heat.

Add chopped shallots, sauté 1 min.

Add wild mushrooms, cook until mushrooms are tender and juices are released (about 8 min.)

Increase heat to medium high.

Add 3/4 cup hot vegetable broth, simmer until absorbed before adding more, stirring frequently until rice is just tender and mixture is creamy (about 20 min.)

Stir in parmesan cheese and chopped fresh thyme. Serve warm.

Pennsylvania Polenta with Sliced Shiitake

Polenta is made with cornmeal, but farina (cream of wheat) is just as versatile. Cooled, sliced, and baked with shiitake, it makes an interesting side dish for any meat.

The polenta can be studded with an endless array of fresh herbs, chopped vegetables, or even meat or fish, and served as a dish by itself with its own sauce. It can be kept for up to a week in the refrigerator.

Ingredients:

- 3 ounces fresh shiitake, thinly sliced with stems removed
- ½ cup farina (cream of wheat)
- 3 garlic cloves, finely chopped
- 2 eggs
- 2 egg yolks
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon finely diced red bell pepper
- Tabasco sauce
- salt

Did you hear that the French are eat dried slices of regular button mushrooms with milk in the morning like we eat cereal?they call it the "breakfast of champignons".

Preparation: (Serves 6)

Place the mushrooms in 2 cups lightly salted water in a medium saucepan and bring to a boil. Simmer for 1 minute, then slowly add the cream of wheat, stirring. Continue to stir gently while the cereal thickens, about 10 minutes. Cereal should become very thick. Remove from the heat and add the garlic, eggs, egg yolks, cheese, red pepper, and Tabasco, and salt to taste, blending thoroughly.

Pour the warm mixture onto a well-oiled baking sheet and spread it out, making the surface as even as possible. Let cool, uncovered, in the refrigerator until cool to the touch.

Remove from the refrigerator and cut into decorative patterns with a cookie cutter. Cover with plastic wrap and refrigerate. When ready to use, place the pieces of polenta on a pan lined with aluminum foil and heat in a 400° F oven for 5 minutes. Serve immediately.

Roasted Rosemary Potatoes with Shiitake (or Maitake), caramelized onions and Gruyere cheese

These roasted potatoes remind me of the Swiss potato dish, rosti, which translates as “crunchy and golden” shredded potato pancakes. The layer of mushrooms and cheese enrich this homey potato dish.

Ingredients:

3 tablespoons butter

1 small sweet yellow onion, sliced thinly

1 teaspoon sugar

1/2 pound fresh Shiitake mushroom caps, cleaned and sliced (or Maitake mushrooms, cleaned and coarsely chopped).

2 pounds russet (baking) potatoes, peeled and cut into 1/2 inch dice

1 cup shredded Gruyere cheese, about 4 ounces

1 teaspoon chopped, dried rosemary

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

Preparation: (Serves 6)

Preheat oven to 425°F.

In a 10” cast iron skillet, over moderate heat, melt 1 tablespoon of the butter. Add onion and sugar. Cover and cook until onion is softened about 10 minutes. Remove cover and cook until onion slices are golden brown, about 5 minutes longer. Scrape into bowl and set aside.

In same skillet, over moderate heat, melt remaining 2 tablespoons of butter. Cook mushrooms until tender, 5-6 minutes. Scrape into bowl with onions.

In same skillet, toss potatoes with olive oil, rosemary, salt and pepper. Place skillet in the center of preheated oven and roast until potatoes are golden brown and tender, about 35 minutes. Remove from oven, spread evenly with mushroom and onion mixture. Sprinkle with cheese and return to oven. Cook until cheese is melted about 10 minutes longer.

Quick Kale & Mushroom Saute

Ingredients:

1 tblsp olive oil

1 tblsp minced garlic

1 tblsp butter

8 oz. white mushrooms (to make this really good try oysters or chanterelles)

4 cups kale, tightly packed

1/4 cup water

1 tsp tamari

5 cherry tomatoes, quartered (this time of year I tear up dried tomatoes)

salt and pepper to taste

Preparation: (serves 4 as a side, 2 as an entree)

Heat olive oil on medium in a 4 1/2 q sauce pan. Add garlic and butter and saute until garlic is lightly browned. Add veggies and stir 15-30 seconds, making sure not to burn the garlic. Add water, tamari, salt and pepper and cook another 5 minutes, stirring often. Add tomatoes and cook another 5 minutes on low. Serve immediately.

Note:

This dish is meant as a side, but over couscous, millet or bulgur it's a quickie meal.

Simple Sauteed Chanterelles

First, find as many of them as you can and clean them up, slicing them in quarters. Saute in butter with finely diced onions, pepper or salt as desired, and mix in some sour cream. Serve over rice, or just eat it by itself.



Warm Broccoli Mushroom Salad

Side Dishes



Ingredients

- 4 cups broccoli florettes, fresh or frozen
- 3 slices of bacon, cut into small pieces
- 3/4 cup finely chopped onion
- 2 tablespoons raspberry or balsamic vinegar
- 8 ounces (about 2 1/2 cups) white button mushrooms, sliced

Directions (Serves 6)

In a medium saucepan bring 1-inch water to a boil. Add broccoli; return water to a boil; reduce heat, simmer covered until crisp-tender, 2 to 3 minutes; set aside.

In a large nonstick skillet, over medium-high heat cook bacon until nearly crisp and most of the fat is rendered out, about 4 minutes. Add onion, cook, stirring frequently, until the onion is crisp-tender and the bacon is crisp, 3 to 4 minutes. Stir in vinegar; cook and stir until vinegar is reduced by half, about 30 seconds. Add mushrooms, salt and reserved broccoli; toss to coat. Serve immediately while slightly warm.

Mushroom Stuffing Recipe

Ingredients for Mushroom Stuffing Recipe

- 3 cups stale bread crumbs
- 6 tablespoons melted butter
- ½ cup chopped mushrooms
- 2 teaspoons salt or to taste
- ½ teaspoon powdered thyme
- 1 teaspoon minced parsley

Instructions

1. Mix ingredients in the order given, stirring until bread crumbs are moist.
2. Use to stuff chicken or other poultry; bake as directed in recipe.



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HORLOCHER MUSHROOM FARMS
ASHTABULA, OHIO

Mushroom Bread

Ingredients

- 1/4 cup margarine
- 1 1/2 cup mushrooms, finely chopped
- 1 cup onions, finely chopped
- 2 cups milk
- 3 tablespoons molasses
- 4 teaspoons salt
- 1/4 teaspoon pepper
- 1/2 cup water, warm
- 2(1/4ounce)packages active dry yeast
- 1 egg
- 1 cup wheat germ
- 8 cups all-purpose flour, sifted

Directions



1. Melt 2 tbsp of the margarine in a saucepan.
2. Add mushrooms and onions and saute until liquid has evaporated; let cool.
3. In another saucepan, scald milk.
4. Stir in molasses, salt, and pepper, and cool until lukewarm.
5. Measure warm water in large warm bowl and sprinkle in yeast. Stir until dissolved.
6. Add lukewarm milk mixture, mushroom mixture, egg, wheatgerm, and 2 cups flour.
7. Beat until smooth.
8. Stir in enough flour to make a stiff dough. Turn out onto floured board, knead until smooth and elastic.
9. Place in a greased bowl, turning to grease top.
10. Cover, let rise in a warm place until doubled in bulk, about 1 hour.
11. Divide dough in half and form into two loaves.
12. Place in 2 greased 9"x5" loaf pans.
13. Cover, let rise in pans, until doubled in bulk (about 1 hour).
14. Bake at 400 degrees F for about 45 minutes. Remove from pans and let cool before serving.

Mushroom Relish

Ingredients

2 tablespoons butter
1/2 teaspoon rosemary
4 cloves garlic, minced
3 cups mushrooms, chopped
1/4 cup parsley, chopped
1 (15ounce) can tomatoes
1 teaspoon cornstarch
1 tablespoon Scotch whisky

This is an easy, smoky-flavored spread that can be used on warm crusty bread or as a topping for steak.

Directions

1. In a large skillet over medium heat, melt butter and saute rosemary and garlic until tender.

2. Stir in mushrooms and saute until juices run.

3. Add parsley and stir occasionally to prevent sticking.

4. When mushrooms are tender, stir in tomatoes and mix well.

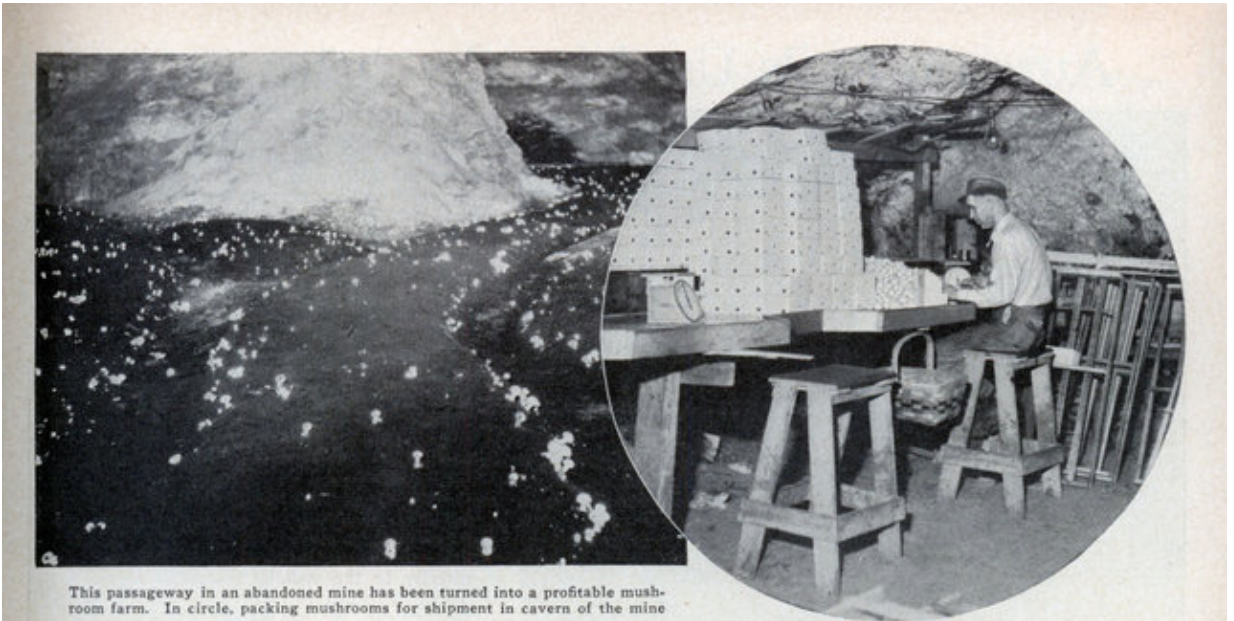
5. Stir in cornstarch.

6. Simmer for about 5 minutes or until sauce is thickened and bubbly.

7. Stir in Scotch and cook for 1 minute more.

8. This will keep in the fridge for about 3 days.

9. For an Italian flavor, substitute oregano or basil for rosemary and red wine for Scotch.



This passageway in an abandoned mine has been turned into a profitable mushroom farm. In circle, packing mushrooms for shipment in cavern of the mine

ABANDONED LEAD MINE TURNED INTO MUSHROOM FARM

ON A piece of ground 200 feet beneath the earth's surface, Dick Wills of Miami, Okla., is growing regular crops of mushrooms. His unusual farm is the passageway of an abandoned lead and zinc mine,

where he found a suitable temperature practically constant the year around. The farm hands wear regulation miners' costumes, even to the small carbide lamps on their heads, for the mushrooms thrive

best in darkness. Fifty pounds are harvested daily. A royalty is paid to the owner of the land, an Indian, who is delighted at the resumption of his income since the mine itself petered out.

Mushroom Pate

Ingredients

- 2 lbs mushrooms(your choice)
- 4 cups water
- 1 lb soft cream cheese(2 8-oz. pkgs.)
- 1/4 lb soft sweet butter(1 stick)
- 1 tablespoon fresh rosemary
- 1 teaspoon white pepper
- 1/2 teaspoon salt
- 1 teaspoon minced garlic
- 1 ounce marsala wine (optional)



Directions

1. Wash the mushrooms and cut into halves.
2. Puree the mushrooms with the 4 cups of water in a blender or food processor.
3. In a large saucepan, bring the mixture to a boil and then simmer for half an hour.
4. Strain the mixture, separating the thicker mushroom portion from the liquid.
5. Reserve the mushroom portion.
6. Simmer the liquid again until it is reduced to about 1/2 cup.
7. Set aside the reduction/glaze.
8. While the glaze is cooling, combine the remaining ingredients thoroughly in a mixing bowl with a large spoon.
9. Add the thicker mushroom puree and the cooled glaze to the above mixture to make the pate.
10. The pate can be refrigerated for up to 7 days.
11. Serve with crackers or toast points.
12. Enjoy!

Mushroom Syrup

Ingredients

- 4 tablespoons grapeseed oil(or olive oil)
- 14 ounces shiitake mushrooms, stems chopped(from 2 pounds shiitake mushrooms)
- 3 cups water
- 3 cups chicken broth



Directions

1. In a large skillet, heat the oil until shimmering. Add the shiitake stems and cook over moderate heat, stirring a few times, until deeply browned, 5 minutes. Add the water and broth and bring to a boil over high heat. Boil until reduced to 1 cup, about 10-15 minutes. Strain the broth and return it to the saucepan. Boil over high heat until reduced to 1/4 cup, about 7 minutes.
2. Serve with fish, steak, chicken, or veal.
3. To make ahead:.
4. The Mushroom Syrup can be refrigerated overnight. Melt it in a microwave oven before serving.



Morel Mushrooms in the wild.

Hearty Fresh Mushroom Chili



Ingredients

- 2 tbs Vegetable oil
- 8 ounces (about 3 cups) fresh white button mushrooms, sliced
- 1 clove Garlic
- 2 tbs Chili powder
- 1 can (15 ounces) Chicken or vegetable broth, reduced-sodium
- 8 ounces (about 3 cups) stewed tomatoes, reduced-sodium or no-salt-added
- 1 can (15 ounces) kidney beans, 50% less sodium
- 1 can (about 7 ounces) corn kernels, no-salt-added

Directions (Serves 2)

In a large saucepan heat oil over medium-high heat. Add mushrooms and garlic; cook stirring frequently until mushrooms are tender and liquid evaporates, about 5 minutes. Stir in chili powder; cook and stir 1 minute. Add chicken broth, stewed tomatoes, kidney beans and corn. Bring to a boil; reduce heat and simmer to blend flavors, about 10 minutes. Serve topped with tortilla chips, if desired.

Wild Rice Mushroom Soup

Ingredients

3/4 cup wild rice (see Notes)
1 tablespoon salt
1 ounce dried porcini mushrooms
5 tablespoons butter at room temperature, divided
4 ounces pancetta, finely chopped (see Notes)
8 ounces button mushrooms, finely chopped
1 leek, halved, rinsed, and white and
light green parts thinly sliced
2 tablespoons flour
1/2 cup dry white wine
4 cups reduced-sodium chicken or vegetable broth
3 tablespoons minced flat-leaf parsley
1/2 teaspoon freshly ground black pepper
2/3 cup heavy whipping cream



Preparation(Serves 8)

1. Put wild rice, salt, and 8 cups cold water in a medium pot. Bring to a boil, lower heat to maintain a steady simmer, and cook until rice is tender, about 45 minutes. Drain and set aside.
2. Meanwhile, put porcini in a small bowl and pour in 1 1/2 cups boiling water. Let sit until soft, about 15 minutes.
3. In a large pot, cook 1 tbsp. butter and pancetta over medium-high heat until the meat renders some of its fat and turns a lighter pink. Add button mushrooms and leek. Cook, stirring occasionally, until mushrooms give off their liquid, about 10 minutes.
4. Meanwhile, lift porcini from liquid with a slotted spoon (reserving liquid), chop finely, and add to pot.
5. Sprinkle vegetables and pancetta with flour and cook, stirring constantly, until flour starts to stick to the bottom of the pot (scrape it up as much as possible while stirring). Add wine, reserved liquid from soaking porcini (pouring slowly so as to leave any grit behind), and broth. Bring to a boil, then lower heat to maintain a steady simmer and cook 15 minutes.
6. Meanwhile, combine remaining 4 tbsp. butter, the parsley, and pepper. Set aside.
7. Add reserved wild rice to vegetable mixture and cook 10 minutes. Stir in cream and cook until hot, about 1 minute. Divide soup among 8 bowls and serve hot, with a dollop of parsley butter on each serving.

Cream of Portabella Soup

Cream of Portabella soup is a perennial favorite. The trick to making a good one is to use the juices from the mushroom, which provides maximum flavor. It is also important to use fresh, young mushrooms or mushroom stems, because the gills of older mushrooms tend to color the soup an unappetizing gray. If your mushrooms have very dark gills, scrape them off and sprinkle them over the soup.

Ingredients:

- 5 tablespoons melted butter
- 3 tablespoons flour
- $\frac{3}{4}$ cup chopped onion
- 1 6-ounce package Portabella caps, stems or slices cut into 1-inch chunks
- Salt
- 2 cups milk
- 2 cups heavy cream
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- $\frac{1}{4}$ teaspoon dried thyme
- 2 tablespoons Marsala or sweet sherry
- 2 ounces Roquefort or blue cheese (optional)

Preparation: (Serves 4)

Heat 3 tablespoons of butter in a small saucepan over medium heat. Add the flour and stir constantly until a paste (roux) forms. Continue to stir and cook for another minute, until the flour is cooked. Remove from heat and set aside.

Place the remaining 2 tablespoons of butter in a medium saucepan over medium heat. Add the onion and sauté until golden, about 2 minutes. Add 2 tablespoons of water to the pan and then add the mushrooms. Salt lightly, reduce heat, and cover. Let the pan sit over the heat for about 10 minutes. Remove the lid and add the milk, cream, pepper and thyme. Increase the heat and bring almost to a boil - when bubbles form around the edge of pan. Stirring, add all the butter-flour mixture to the milk. Add the marsala or sherry and stir with a whisk over medium heat until the soup thickens, 3-4 minutes. Adjust for salt. Ladle the soup into bowls and sprinkle a little of the cheese over the top if desired. Serve immediately.

Portabella Consommé or Light Stock

This stock is delicious in vegetarian soups and other dishes that call for chicken or veal stock.

Ingredients:

- 4 cups water
- 2 6-ounce packages Portabellas, chopped
- 2 tablespoons soy sauce
- 1 teaspoon salt
- ½ teaspoon sugar

Preparation:

Place the portabellas and 4 cups water in a large saucepan with a tight-fitting lid. Bring to a boil over medium heat. Turn down the heat to low, cover, and simmer for 20 minutes.

Strain the liquid into a smaller saucepan and add the soy sauce, salt and sugar. Place over medium heat and bring to a gentle simmer. Remove from the heat and let cool to room temperature. Store in the refrigerator or freeze for up to 6 months.

Makes 4 cups.



3 Mushroom Soup

6 tablespoons unsalted butter
1 cup chopped yellow onions
1/2 cup chopped celery
1/4 teaspoon cayenne
1 1/2 teaspoons minced garlic
6 ounces shiitake mushrooms, wiped clean, stems trimmed, and sliced
6 ounces oyster mushrooms, wiped clean, stems trimmed, and sliced
8 ounces crimini or button mushrooms, cleaned, stems trimmed, and sliced
2 teaspoons fresh thyme leaves 1 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/3 cup brandy
6 cups chicken stock
1 1/2 cups heavy cream
1 (8-inch long) thin baguette French bread, cut into 1/2-inch thick slices
3 cloves peeled, crushed garlic
2 tablespoons extra virgin olive oil
3 tablespoons finely grated Parmesan

In a large pot, melt the butter over medium-high heat. Add the onions, celery, and cayenne and cook, stirring, until soft, about 4 minutes. Add the garlic and cook for 30 seconds. Add the mushrooms, thyme, salt, and pepper, and cook, stirring, the mushrooms give off their liquid and start to brown, about 7 minutes. Add the brandy, bring to a boil and cook until glazed, about 2 minutes. Add the stock and return to a boil. Reduce the heat to medium-low and simmer uncovered, stirring occasionally, for 15 minutes.

Remove from the heat. Add the cream, return to a simmer, and cook for 5 minutes. Remove from the heat and adjust seasoning, to taste. (Serves 8)

Serve with hot crusty French Bread.

Curried Mushroom Barley Soup

Ingredients

- 2 tablespoons butter
- 1 cup sliced carrots
- 1 cup chopped onion
- 1 pound white button mushrooms, sliced (about 5 cups)
- 8 ounces smoked ham, diced (about 1-1/2 cups)
- 4 to 5 teaspoons curry powder
- 2 cans (1~3/4 ounces each) ready-to-serve chicken broth
- 1 can (14-1/2 ounces) stewed tomatoes
- 1/2 cup quick-cooking barley

Directions (Serves 4)

In a large saucepan melt butter. Add carrots and onion; cook, stirring occasionally until carrots are nearly crisp-tender, about 5 minutes. Add mushrooms; cook, stirring frequently until mushrooms are tender, about 5 minutes. Add ham and curry powder; cook stirring constantly, until curry is fragrant, 30 to 60 seconds. Stir in chicken broth, tomatoes and barley. Bring to a boil; reduce heat and simmer covered, until barley is tender, about 10 minutes.



Mushroom Bisque

Ingredients

- 1 lb fresh mushrooms
- 1 quart chicken broth
- 1 medium onion, chopped
- 7 tablespoons butter
- 6 tablespoons flour
- 3 cups milk
- 1 cup heavy cream
- 1 teaspoon salt(or more)
- white pepper
- Tabasco sauce
- 2 tablespoons sherry wine (optional)

Directions

1. Wash mushrooms and remove stems.
2. Slice 6 of the mushroom caps and reserve.
3. Discard any dried ends from stems.
4. Grind or chop remaining mushroom caps and stems very fine.
5. Add chopped mushrooms and chopped onion to broth and simmer for 30 minutes.
6. Saute the reserved sliced caps in 1 Tablespoon of the butter and reserve for garnishing.
7. Melt remaining butter in a small saucepan, add the flour and stir whisk until blended.
8. Meanwhile, bring milk to a boil and add to the butter-flour mixture, stirring vigorously with the whisk until sauce is smooth and thick.
9. Add the cream and stir again.
10. Combine the mushroom-broth mixture with the sauce and season to taste with salt, pepper and tabasco sauce.
11. Reheat and add sherry just before serving.
12. Garnish with reserved sauteed mushrooms.



Mushroom Chowder

2 slices of bacon or pancetta
1 Medium onion, finely diced
1/2 pound assorted mushrooms, sliced
2 medium potatoes, diced
16 oz chicken or veggie broth
1 cup heavy cream
salt to taste
pepper to taste
sour cream to garnish
chopped green onions to garnish.



Chop the bacon fine and saute with onions until onions begin to sweat and turn golden brown. Add sliced mushrooms and cook 2 more minutes. Add diced potatoes and enough chicken or veggie broth to cover. Bring to a boil and simmer for 30 minutes. Take off heat and stir in heavy cream. Ladle into bowls and garnish with sour cream and green onions.

Vegetarian Tomato Mushroom Soup

4 cups vegetable stock
1 14 oz can of plum tomatoes or
5-6 fresh plum tomatoes, peeled
and seeded
1 pound mixed mushrooms
1 clove garlic
1/2 pound small pasta, cooked
olive oil to taste
salt to taste



Put the stock into a saucepan and add the tomatoes by crushing in your hand as you add them. Add the juice in the can as well. NOTE: I like progresso tomatoes for this soup. Break up or slice mushrooms and add to soup. Add olive oil, salt & pepper to taste. Simmer for a half hour, stir in cooked pasta and serve. Top with chopped chives or grated cheese if desired.

Hungarian Mushroom Soup

Magyaros gombaleves

6 oz mushrooms,
stock made from 1 lb pork or beef bones,
half an onion (chopped),
1 tablespoon lard,
1 level tablespoon flour,

2 and half fl oz sour cream,
paprika,
half a bunch chopped parsley,
salt

Preparation

Wash the mushroom and cut into thin slices. Heat the lard and fry the mushrooms gently, covered, for 10 min. Add the onion and brown at low heat, stirring occasionally, until all the water has evaporated. Add the salt, flour and chopped parsley. Stir together for minute and sprinkle with paprika.



Pour 1 litre of stock onto the mushrooms and stir well.
Add the sour cream, stir well and serve.

Mushrooms, the plant of immortality? That's what ancient Egyptians believed according to the Hieroglyphics of 4600 years ago. The delicious flavor of mushrooms intrigued the pharaohs of Egypt so much that they decreed that mushrooms were food for royalty and that no commoner could ever touch them. This assured themselves the entire supply of mushrooms. In various other civilizations throughout the world, mushroom rituals were practiced. Many believed that mushrooms had properties that could produce super-human strength, help in finding lost objects and lead the soul to the realm of the gods.

Mushroom Gumbo



Ingredients

- 1/4 cup vegetable oil
- 1/4 cup plain flour
- 1 medium brown onion, chopped
- 1 teaspoon chili(chopped)
- 1 teaspoon dried oregano
- 2-3 teaspoons garlic
- 2 carrots, chopped
- 1 green capsicum, chopped
- 400 g button mushrooms, chopped
- 1(400g)can crushed tomatoes
- 1(400g)can red kidney beans, drained & rinsed
- 2 cups vegetable stock
- 5-6 halved cherry tomatoes (optional)

Directions

1. Put oil in a large saucepan on a med heat.
2. Add flour & stir for 3-5 mins, until it turns a golden brown colour.
3. Add onion, garlic, chili, capsicum, carrots & oregano & cook this for 5 minutes.
4. Add mushrooms, stock, beans & tomatoes.
5. Bring this to the boil then reduce heat to a low flame & simmer for 15 mins until thickened.
6. Serve with brown rice.

Mushroom Divan

Make this easy Divan and you will never miss the meat!

- 2 packages (10 ounces each) broccoli spears, or 1 bunch fresh trimmed broccoli
- 2 cups sliced portabella mushrooms
- 2 cans condensed cream of mushroom soup
- 1/2 cup mayonnaise
- 1 teaspoon lemon juice
- 1/2 teaspoon curry powder
- 1/2 cup shredded processed Cheddar cheese
- 1/2 cup soft bread crumbs, tossed with 1 tablespoon melted butter



Cook broccoli in a small amount of boiling water until crisp-tender; drain. Cook mushroom slices in the same water for 10 mins. adding more water as needed. Drain. Arrange the broccoli stalks in a greased 11 1/2 x 7 1/2 x 1 1/2-inch baking dish. Arrange mushroom slices over the broccoli spears. Combine the soup with mayonnaise, lemon juice, and curry powder; pour over all. Sprinkle with shredded cheese, then top with buttered bread crumbs. Bake at 350° for 25-30 minutes, until crispy and bubbly.

Serves 6.

Grilled Mushroom Quesadillas

Ingredients

2 lbs fresh white button mushrooms, sliced
2 tbs Olive oil
1 tsp Salt
6 Flatout wraps
2 cups (around 8 ounces) reduced fat shredded cheese,
plus extra for garnish
2 ripe avocados, peeled, pitted and thinly sliced
6 tbs fresh cilantro leaves (optional)
Salsa verde and diced tomatoes, for garnish

Preparation: (Serves 6)

This recipe can be prepared on the grill or stovetop.



If grilling: preheat grill. While grill heats, toss mushrooms with oil and sprinkle with salt. Cook mushroom in one layer in a grill basket, in batches if necessary. Cook until one side is deep brown, about 6 to 10 minutes; turn and grill other side till a similar color is achieved, another 6 to 10 minutes. Cooking times may vary.

If sautéing: heat olive oil in large non-stick skillet over medium-high heat. Add a single layer of mushrooms and cook, without stirring, for about 5 minutes or until mushrooms become red-brown on one side. Add salt, flip mushrooms and cook about 5 minutes more, until other side is same color.

While mushrooms cook, assemble quesadillas; distribute half the cheeses and all avocado slices on left half of six tortillas. When mushrooms are done, distribute mushrooms and cilantro leaves, if desired, among tortillas and top with remaining cheese. Fold tortilla in half and grill or warm in skillet until cheese begins to melt, then flip to cook other side. Transfer to cutting board, cut into wedges and serve with salsa verde, tomatoes and additional cheese.

Note: If a grill basket is not available, layer several sheets of foil together and fold up sides to make a shallow pan, or use a disposable foil pan. Add a single layer of mushrooms and cook, without stirring, for about 5 minutes or until mushrooms become red-brown on one side. Flip mushrooms and cook about 5 minutes more, until other side is same color.

Pasta with Portabellas, Leeks and Balsamic Vinegar

This low-fat preparation truly satisfies.

Ingredients:

10 ounces dried pasta
5 tablespoons extra-virgin olive oil
1 large leek or two bunches scallions.
Cut into ¼-inch pieces including
some of the green
4 garlic cloves, minced
1 6-ounce package sliced Portabella
caps
1 tablespoon balsamic vinegar
salt



Preparation: (Serves 4)

Pour the oil into a sauté pan and heat over medium heat for about 30 seconds. Sauté the leek for about 2 minutes until softened. Add the garlic and sauté for another 30 seconds. Add the mushrooms and sauté, stirring frequently, until the mushrooms are wilted and the liquid they have given off has evaporated. Add the balsamic vinegar, stir well, and season with salt to taste.

Bring a large pot of lightly salted water to a boil and add the pasta, stirring to make sure the pasta is well separated. Boil 2-3 minutes, until done. Drain and transfer to a large bowl.

Open-Faced Portabella-Barbecue Melt

Crumbled firm Tofu or any ground beef or pork, or shredded meat of any kind, is ideal for this dish. Also, try sautéing hot peppers with the onions.

Ingredients:

- 2 Portabella cap
- Vegetable oil
- 1 small onion, sliced
- 4-6 ounces crumbled firm tofu (or ground beef, pork, lamb, or shredded meat)
- 6 tablespoons barbecue sauce
- Salt
- 2 slice mozzarella or Monterey Jack cheese

Preparation: (Serves 2)

Preheat the oven to 350°F.

Brush the cap with oil, place on an oven rack, and bake for 2 minutes. In 2 tablespoons oil, sauté the onion for 1 minute. Add the tofu or meat and sauté until browned, 5-10 minutes. Stir in the barbecue sauce and season, if necessary. Remove the cap from the oven and cover with the meat mixture. Cover with the cheese and return to the oven until the cheese melts, about 1 minute. Serve immediately.



Portabella Burgers

Yes there is a reason Portabellas are shaped like hamburger patties. Easy to prepare and very versatile, this recipe is just a starting point. You can garnish Portabella burgers as you would your favorite hamburger. You can cook them on a grill, but the time may vary a little because the caps cooking over direct heat need to be flipped once or twice to prevent scorching. Also, you need to use a grill with a cover in order to melt the cheese.

You can also prepare regular hamburgers and simply place these Portabella burgers on top.

Ingredients:

- 4 Portabella caps, 3-4 inches in diameter salt
- 1 tablespoon corn or peanut oil
- 4 slices American or Jack cheese
- 4 toasted hamburger buns



Preparation: (Serves 4)

Cut off any residual stems from the caps so that the caps will lie flat. Lightly salt the grill side of the caps.

Place a 10-12 inch non-stick pan over high heat and add the oil. Before the oil starts smoking, add the caps, grill side down. Reduce the heat to medium and let the caps cook for 2 minutes.

Turn the caps and cook for another minute. Carefully place the cheese inside the caps and cover the pan with a lid (it does not have to be tight fitting) and cook for another minute, until the cheese is melted.

Transfer the caps to the buns and add any of your favorite toppings: lettuce, slices of tomato and onion, and, of course, relish. Cover with the other half of the bun and serve.

Variation: Chop the Portabella stems you sliced from the caps and sauté them in a little oil with some sliced onions and minced garlic.

Portabella Pot Pie with Crumb Crust

You don't need a pastry crust for this pot pie, just some bread crumbs. It's best to use flat, wide egg noodles, but you can use fettuccini if you wish.

Ingredients:

- 8 ounces flat, wide egg noodles or fettuccini
- 1 tablespoon extra-virgin olive oil
- ½ cup chopped onion
- 1 6-ounce package sliced Portabella caps
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon soy sauce
- ½ teaspoon dried savory
- 2 teaspoons cornstarch mixed with ¼ cup cold water
- 2 cups dried bread crumbs
- ½ cup grated parmesan cheese
- 1 tablespoon melted butter

Preparation: (Serves 4)

Preheat the oven to 450°F. Fill a large pot half full of water. Salt the water, bring to a boil, and add the noodles. Cook until done. About 10 minutes. Drain and mix with a little oil.

While the noodles are cooking, place the olive oil in a large skillet over medium heat. Add the onion and sauté until slightly browned, 2-3 minutes. Add ½ cup of water and the mushrooms, cover, and simmer for 10-12 minutes, until the mushrooms have given off a considerable amount of liquid.

Add the salt, soy sauce, and savory and stir. Simmer for another 5 minutes. Add the cornstarch mixture and stir until thickened. Combine with the noodles and mix well.

Place the mushroom mixture in a shallow baking dish, cover evenly with the crumbs, and top with the cheese. Drizzle with butter and place in the oven for 5 minutes before serving.

Roasted Vegetable Portabella Pizza

This is a great way to use leftover grilled vegetables. If you don't have any on hand, follow the directions below for roasting.

Ingredients:

- ½ cup white wine vinegar
- ¼ cup sugar
- 1 tablespoon kosher salt
- 4 4" Portabella mushroom caps
- 2 tablespoons Chinese oyster sauce
- 2 bell peppers, preferably yellow or red, cut

into quarters

- 4 jalapeño peppers, sliced in half, stems but not seeds removed
- 1 bunch small scallions
- 4 ½-inch-thick eggplant slices
- 4 ounces Mexican Chihuahua or other good melting cheese such as Monterey Jack, grated or sliced

Preparation: (Serves 4)

Preheat the oven to 400°F. In a small saucepan, combine the vinegar, sugar, salt and 1 ½ cups of water. Bring to a boil and stir to dissolve the salt and sugar. Remove from heat and set aside.

Cut off the portabella stems and reserve for another purpose. Paint the gill sides with oyster sauce and set aside.

Place the peppers, scallions and eggplant in a baking dish and put in the oven. Roast for 10-15 minutes, until the peppers are pliable and have lost their firmness. Remove from the oven and place the vegetables in a bowl. Pour in the marinade, stir, and set aside for 15 minutes, stirring frequently.

Strain the vegetables from the marinade and distribute them evenly over the caps. Cover with the cheese and place in the oven for 7-8 minutes, or until the cheese is melted. Serve immediately.



Spaghetti with Portabellas and Keilbasa

You can use any kind of pasta for this dish, except angelhair, which is too fine for the sauce to cling to. Young, fresh Portabellas are best, but even so, the gills should be scraped away. You can make this dish without scraping off the gills, but the sauce may look muddy. The scrapings look very attractive, however, sprinkled over the top of the finished dish.

Ingredients:

- 1 6-ounce package sliced Portabella caps
- 12-16 ounces spaghetti
- 4 tablespoons vegetable oil
- ½ small onion, diced
- 4 garlic cloves, finely diced
- 4 ounces vegetarian keilbasa cut into matchstick pieces
- ¾ cup heavy cream
- Salt

Preparation: (Serves 4)

Scrape the gills from the mushrooms slices and save. Cut each slice in half.

Bring a large pot of slightly slated water to a boil. Add the spaghetti and cook until it is al dente. 8-10 minutes. Drain.

While the pasta is cooking, place the oil in a large skillet over medium heat. Add the onion and garlic, and sauté for about 1 minute. Add the mushrooms and sausage and continue to sauté stirring constantly. The mushrooms will begin to give off liquid, but it will evaporate quickly. When the mushrooms are limp and the liquid has evaporated, about 6 minutes, add the cream. Turn the heat to low and simmer until the sauce begins to thicken. Salt to taste and toss the sauce with the spaghetti. Sprinkle the scraped gills over the spaghetti and serve immediately.

Spicy and Quick Portabella Lasagna

The meaty goodness of Portabellas is evident in this vegetarian lasagna. This dish is very good using older Portabellas. The liquid they yield during cooking makes the sauce a very attractive dark red. The addition of hot chiles to the sauce also adds to the satisfying qualities of this dish. If you can't stand the heat, omit the chiles.

This dish can be prepared in advance, refrigerated, and heated later. In fact it's better if the assembled dish has a day or two to sit in the refrigerator before baking. Add another 15 to 20 minutes to the baking time if you are going to heat it right from the refrigerator.

For a lower-calorie version, substitute any low-fat cheese or spaghetti sauce. And by all means, add sautéed ground beef or pork if you like a meaty lasagna.

Ingredients:

- 8 ounces lasagna noodles (9 noodles)
- 2 6-ounce packages sliced Portabellas
- Salt
- Dried Oregano, to taste
- 1 jalapeno or 2 serrano chiles, minced
- 1 28-ounce jar tomato-based spaghetti sauce (marinara or chunky vegetable)
- 1 15-ounce container ricotta cheese
- 12 ounces shredded mozzarella or romano cheese (3 cups)

Preparation: (Serves 6-8)

Preheat the oven to 350°F. Bring a large pot of lightly salted water to a boil. Add the lasagna noodles to cook for 12-to-15 minutes, until soft. You should be able to prepare everything else, except the baking, while the noodles are cooking.

Place the mushrooms in a large (6-8 quart) pot and add $\frac{1}{4}$ cup water. Lightly salt the mushrooms, turn the heat to high, and cover. When the liquid begins to boil (in about 1 minute), remove the lid, sprinkle a little oregano over the mushrooms, stir, and cover again. Turn the heat down to medium-low. After 6-8 minutes, the mushrooms will have

(Continued on the Bottom of the Next Page)



Recently, the pantropical, saprotrophic giant mushroom *Macrocybe titans* was found in the Brazilian State of Paraná. The mushroom, which may well have potential as food, was successfully cultured. Initial studies on its composition and nutritional properties indicated that *M. titans* is free from any classic mushroom toxins, and it contained only traces of toxic heavy metals. Moreover, essential trace elements and vitamins were well represented in this mushroom.

Today mushrooms are commercially produced in virtually every state. Pennsylvania, however, still accounts for over 40% of total U.S. production, which in 1997/98 reached over 800 million pounds (National Agricultural Statistics Service). From the caves of Paris to the dinner tables of millions of Americans, fresh mushrooms have come out of the dark and into a spotlight that's intensity is ever increasing.

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given of much of their liquid and there will be about $\frac{1}{2}$ cup in the pot.

Gently lift the mushrooms out of the liquid and set aside. Add the chile to the pot. Turn the heat back to high, and evaporate most of the liquid until only a scant 2-3 tablespoons is left. Don not let the liquid residue burn. Add the tomato sauce and mix well. Turn off the heat.

Assemble the lasagna in a 13 x 9 x 2 - inch baking dish. Place 3 noodles in the bottom of the dish. Spread one third of the ricotta and $\frac{1}{2}$ cup of the mozzarella over the noodles, then add one third of the mushrooms and one third of the sauce. Sprinkle a little oregano over the sauce. Repeat two more times. For the top layer, sprinkle on the rest of the mozzarella cheese. Cover the pan with aluminum foil, place in the oven, and bake for 20 minutes, or until heated thorough. Let the lasagna sit for about 15 minutes before serving to make it easier to cut.

Mushroom Bacon Pizza

Ingredients

- 12 ounces bacon
- 1 1/2 pounds white button mushrooms, sliced
- 1 cup onions, chopped
- 1 1/2 tablespoons garlic, minced
- 2 teaspoons oregano leaves, crushed
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 large (10 ounces) Italian bread shell
- 1 cup Mozzarella cheese, shredded
- 1/2 cup plum tomatoes, sliced



Preparation for 3 1/2 cups of mixture:

In a large skillet over medium heat cook bacon until crisp, about 5 minutes. Transfer to a paper towel; crumble; set aside.

Pour off all but 4 tablespoons bacon fat. Add mushroom, onions and garlic; cook, stirring occasionally, until most of the liquid evaporates, 7 to 8 minutes. Stir in crumbled bacon, oregano, salt and black pepper. (Yields 3 1/2 cups).

Preheat oven to 450° F. Place bread shell on a pizza pan or baking tray. Sprinkle cheese over shell. Spoon 1 3/4 cups drained mushroom bacon mixture over cheese. Top with tomatoes. Bake until hot and cheese is melted, about 10 minutes.

Wilted Greens with Mushroom Bacon Sauté

Serves: 4

Toss 1 3/4 cups hot mushroom bacon mixture with 4 cups mixed salad greens, 1/2 cup sliced tomatoes and a squeeze of lemon juice. Sprinkle with grated Parmesan cheese.

Mushroom Veggie Frittata

Ingredients

- 3 tablespoons olive oil
- 1/2 pound white button mushrooms, sliced
- 1/2 pound crimini mushrooms, quartered
- 1 large onion, sliced
- 1 clove garlic, chopped
- 1 cup diced tomato
- 1/2 cup chopped black olives
- 8 eggs
- 1/4 cup milk
- 3 tablespoons all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Preparation: (Serves 4-6)

Preheat oven to 350° F.

Heat olive oil in large non-stick skillet over medium-high heat. Add a single layer of mushrooms and onions and cook, without stirring, for about five minutes or until mushrooms become red-brown on one side. Turn ingredients and cook about four minutes more, then add garlic and continue cooking for one minute. Stir in tomatoes and olives.

Break eggs into a large mixing bowl and whisk to break the yolks. Add milk, flour, baking powder, salt and pepper and whisk to thoroughly combine. Batter will be slightly lumpy. Pour into skillet over vegetable mixture and stir until eggs and vegetables are combined. Continue cooking until the edges begin to set, about two to three minutes. Transfer to oven and bake until golden brown, about 30 to 40 minutes. Slide onto serving platter, face up, and serve.



Mushroom Breakfast Bruschetta

Ingredients

- 8 (5-inch long X 1/2-inch) diagonally cut Italian bread slices
- 1 package (8 ounces) ready-to-brown sausage links, thawed
- 1 pound white button mushrooms, sliced (about 5 cups)
- 1 cup quartered cherry tomatoes
- 1/4 cup sliced green onions (scallions)
- 4 slices Provolone cheese, cut in 1/2-inch wide strips

Preparation: (Makes 4)

Preheat broiler.

On a broiler rack place bread slices; broil 3 to 4 inches from heat until brown, about 1 minute per side; place on a shallow pan; set aside.

Cut sausage in 1/2-inch thick slices. In a nonstick skillet over medium-high heat cook sausages until golden, stirring occasionally, 3 to 4 minutes. Add mushrooms; cook, stirring occasionally, until mushrooms are tender and most of the liquid evaporates, about 5 minutes. Stir in cherry tomatoes and green onions; cook and stir until hot, about 1 minute.

Divide mixture evenly over toasted bread; top with cheese, trimming strips to fit. Broil 3 to 4 inches from heat until cheese melts, about 1 minute. Serve with scrambled eggs, if desired.



Note: Mushroom mixture can be prepared up to 1 day ahead and reheated in a nonstick skillet.

Spinach, Mushroom and Mozzarella Wraps

Ingredients

- 1 tablespoon olive oil
- 8 ounces white button mushrooms, sliced (about 2-1/2 cups)
- 1 teaspoon minced garlic
- 2 (10-inch) flour tortillas
- 1/2 pound spinach or arugula, trimmed and steamed
- 1 plum tomato, diced
- 1/4 cup (1 ounce) shredded part-skim mozzarella cheese



Directions (Makes 2)

Preheat oven to 350° F. In a large skillet over medium-high heat, heat oil. Add mushrooms and garlic; cook and stir until the mushroom liquid has evaporated, about 5 minutes.

On each tortilla arrange layers of spinach, tomato, mozzarella and cooked mushrooms. Roll up and place seam-side down in a lightly oiled baking dish. Bake uncovered until hot and cheese is melted, about 10 minutes. Cut each tortilla crosswise into quarters. Serve hot or at room temperature with a mixed green salad, if desired.

Fresh Mushroom Clafouti

Ingredients

- 2 tablespoons corn oil margarine
- 3/4 cup onion, chopped
- 1 1/2 pounds white button mushrooms, thinly sliced
- 1/3 cup dry sherry
- 1 1/3 cup skim milk
- 3/4 cup all-purpose flour, unbleached
- 3 large egg whites
- 1 large egg
- 1/2 tablespoon thyme leaves, crushed



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Main Dishes

- 1/4 tablespoon salt
- 1/4 tablespoon freshly ground black pepper
- 1/2 cup parmesan cheese, freshly grated

Directions

Preheat oven to 350° F. Using a nonstick vegetable spray, spray a 10-inch fluted quiche pan or pie plate.

For the filling: In a large skillet heat margarine until melted. Add onion; cook over medium-low heat, stirring occasionally, until onion is just softened, about 3 minutes. Add mushrooms; cook, stirring frequently, until liquid has evaporated, 15 to 18 minutes; set aside.

Meanwhile prepare the crust: In the container of an electric blender place milk, flour, egg whites, egg, thyme, salt and black pepper. Blend on high speed, until well beaten, 1 to 2 minutes. Pour 1 cup mixture into prepared pan forming a thin layer; set remaining mixture aside. Bake until firm to the touch, about 10 minutes.

Remove from oven; transfer to a baking sheet; spoon mushroom mixture from skillet evenly over crust reserving 1/4 cup mushrooms for garnish; sprinkle with parmesan cheese. Whirl remaining milk mixture in blender to combine; pour over cheese. Bake until puffed and brown, about 45 minutes.

Remove from oven; allow to cool, about 10 minutes before serving (clafouti will lose some of its puffiness and flatten out). Garnish with reserved 1/4 cup mushrooms and fresh thyme springs, if desired. Serve warm or at room temperature.

Spring Pea, Mushroom and Radish Salad

Ingredients

- 1 package (10 ounces) frozen baby green peas, slightly thawed
- 12 ounces (about 4 cups) white button mushrooms, sliced
- 1/2 cup sliced radishes
- 1/2 cup (from 12-ounce bottle) creamy Caesar dressing
- 2 tablespoons minced fresh chives or sliced green onions (scallions)
- 2 tablespoons grated Parmesan cheese
- 1/4 teaspoon salt

Directions (Makes 4 Servings)

In a medium saucepan bring 1 inch water to a boil. Add peas; simmer uncovered, until nearly tender, about 3 minutes. Transfer to a colander; drain and rinse under cold water. Place in a large bowl along with mushrooms, radishes, dressing, chives, Parmesan cheese and salt; stir gently to coat. To serve, spoon salad over 4 lettuce-lined serving plates, dividing evenly; garnished with egg wedges and chives, if desired.

Note: To prepare ahead, combine cooked, cooled peas, radishes, dressing, chives, Parmesan cheese and salt. Just before serving stir in mushrooms.



Quick Mushroom and White Bean Stew

Ingredients

- 2 tablespoons olive oil
- 1 pound white button mushrooms, sliced (about 5 cups)
- 1 cup chopped onion
- 1 teaspoon minced garlic
- 3/4 teaspoon dried thyme, crushed
- 2 cans (13-3/4 ounces each) ready-to-serve chicken broth
- 1 can (14-1/2 ounces) stewed tomatoes, cut into bit-sized pieces
- 1/4 cup dry white wine
- 2 cans (15 ounces each) white (cannellini) beans, drained

Directions (Serves 4)

In a Dutch oven or large saucepot, heat oil until hot. Add mushrooms, onion, garlic and thyme; cook and stir until onion is very tender and mushrooms are slightly golden, about 7 minutes. Add chicken broth, tomatoes with their liquid, and wine; bring to a boil; cover and simmer to blend flavors, about 15 minutes. In a small bowl, mash 1 cup of the beans until smooth; add to stew. Stir in remaining beans; heat until hot.

Serve immediately with a mound of steamed rice, if desired.



Mushroom Gravy With Noodles

1 lb fresh mushrooms (I usually use a mixture of oysters and Maitake, but pretty much whatever you have works fine), coarsely chopped
1 large onion, chopped
about a cup each of dry wine and stock (again, whatever kinds you have is fine)
1 tbsp of brown sugar (or use a sweet wine and leave out the sugar)
several tbsp oyster sauce
1/4 cup flour
1 tbsp each butter and olive oil
salt and pepper to taste

Preparation:

Heat a tablespoon each butter and olive oil in a large non-stick skillet (or a wok) over high heat. Add onion and cook until it begins to brown.

Add mushrooms and keep stirring until they just begin to cook (the volume in the skillet will decrease quite a bit) but BEFORE a lot of juice begins coming off. Add flour, and immediately mix well. Continue cooking until the mushrooms are done—the flour will coat the mushrooms and get pretty pasty but it works out—trust me on this!

Add dry wine and stock, brown sugar and oyster sauce. Stir well—the mixture will thicken.

Add more stock if needed (probably!) to produce a gravy consistency. Reduce heat to simmer, taste and add salt/pepper if needed. Simmer for another ten minutes, stirring frequently to prevent burning. Serve over noodles, toast, potato pancakes, or whatever you might need a gravy for.

This gravy freezes extremely well—I put it up in pint freezer containers whenever I have surplus mushrooms, and pull one out for all kinds of quick meals. In particular, whenever a recipe calls for (heaven help us!) a can of mushroom soup!!!

Mushroom Pie Recipe

Call this mushroom pie a California quiche, with its Monterey Jack cheese, parsley, eggs, sour cream, garlic, and a whole pound of mushrooms. Great for company, and pretty easy to make, especially if you have an extra pie crust all ready to go. (Serves 4-6)

1 basic pie dough recipe, rolled out and lining a 9 or 10-inch pie dish, or 8x8 baking dish, chilled (or one frozen pie crust)

2 Tbsp butter

1 lb sliced mushrooms

1 large clove garlic, minced

Salt and pepper

1/2 cup cream

1/3 cup milk

1/3 cup sour cream

2 eggs, lightly beaten

A dash of ground cardamom or nutmeg (optional)

1 Tbsp chopped fresh parsley

1 cup grated Monterey Jack cheese



Preheat oven to 425°F. Line the inside of a pie shell with heavy aluminum foil, pressing it against the side. Bake for 8 minutes. Remove foil, poke the bottom of the pie crust with the tines of a fork to create air vents. Return crust to oven, bake for an additional 4 minutes, or until the crust just begins to brown. Remove from oven and let cool.

2 In a large sauté pan melt butter on medium heat. Add mushrooms, stir to coat with the butter. Increase the heat to high, stirring constantly until the moisture the mushrooms has released and evaporated, a few minutes. Lower heat to medium, add minced garlic, stir with the mushrooms for 30 seconds then remove from heat.

3 Beat together the eggs, sour cream, milk, and cream. Add freshly ground pepper, a pinch of salt, and cardamom or nutmeg if using. Stir in the grated cheese and chopped parsley.

4 Spread the sautéed mushrooms along the bottom of the pre-baked pie crust. Pour the cheese and cream mixture over the top of the mushrooms. Bake for 30-35 minutes, until nicely browned on top and a knife inserted in the center comes out clean. Remove from oven and let cool for 10 minutes before serving.

Mushroom Hash

1 pound mixed mushrooms (portabello, cremini, maitake, etc)
3 tablespoons butter, divided
Salt
1 clove garlic, minced
1 tablespoon minced parsley
1/2 cup white wine
6 sprigs fresh thyme
2 tablespoons heavy cream
1 1/2 pounds mixed small potatoes
1/2 teaspoon sherry vinegar
Freshly ground black pepper
1-6 eggs



Serves 6

1. Wipe the mushrooms clean, trim any hard stems and cut them into roughly almond-size pieces. Try to use a mixture of sizes of mushrooms so you get a diversity of shapes. The small ones can be left whole, those that are a little bigger can be cut in half, and so on.
2. Heat 2 tablespoons of the butter in a skillet over medium-high heat until the foam has subsided and the butter turns a light hazelnut color. Add the mushrooms, sprinkle with half a teaspoon of salt, cover tightly and cook, tossing occasionally until the mushrooms begin to glisten and give up their moisture, about 3 minutes. Remove the cover, add the garlic and the parsley, raise the heat to high and continue cooking, stirring constantly, until the mushrooms are richly aromatic and soft but not, but not flaccid, about 3 minutes.
3. Transfer the mushrooms to a bowl. Add the white wine to the skillet. Cook over high heat until it reduces to a syrup, about 2 minutes. Strip the leaves from the thyme between your thumbnail and finger and add them to the syrup along with the cream. Cook, stirring to incorporate into a smooth liquid. Add the mushrooms back to the sauce, toss to coat well and set aside.
4. Cut the potatoes into half-inch and steam in a tightly covered pot over rapidly boiling water until they are just tender, about 15 minutes.
5. Warm the mushroom mixture over medium heat and add the potatoes as soon as they are done. Do not let the potatoes cool or they won't absorb the flavors. Add the sherry vinegar and stir everything together. Adjust the salt seasoning and season with a grinding of fresh black pepper. The dish can be prepared to this point up to 1 hour in advance.
6. Before serving, warm the mixture over medium-high heat, add the remaining tablespoon of butter and stir to mix well. Top with 1 egg per serving and cover with a lid until white is set.

Mushroom Ravioli

Ingredients

Ravioli

- 4oz button mushrooms
- 3 oz presliced portabella mushrooms
- 1 teaspoon olive oil
- 1 teaspoon butter
- 2 Tbs finely chopped shallots
- 2 garlic cloves, chopped
- 1/8 teaspoon salt
- 14 wonton wrappers
- 1 teaspoon cornstarch



Sauce

- 1/2 cup 1% low-fat milk
- 1 tablespoon all-purpose flour
- 2 Tbs grated parmesan cheese
- 1 tablespoon chopped fresh chives
- 1/8 teaspoon salt
- 1 dash fresh ground black pepper

Directions

1. To prepare ravioli, place mushrooms in food processor; pulse 10 times or until finely chopped.
2. Heat oil and butter in a large nonstick skillet over medium-high heat. Add shallots and garlic, and sauté for 2 minutes.
3. Add mushrooms and 1/8 teaspoon salt; cook 5 minutes or until moisture evaporates, stirring occasionally.
4. Working with 1 wonton wrapper at a time (cover remaining wrappers with a damp towel to keep them from drying), spoon about 2 teaspoons mushroom mixture into center of each wrapper.
5. Moisten edges of dough with water; bring 2 opposite corners together. Pinch edges together to seal, forming a triangle.
6. Place ravioli on a large baking sheet sprinkled with cornstarch.
7. To prepare sauce, combine milk and flour in a small saucepan over medium-low heat; stir with a whisk.
8. Cook 4 minutes or until slightly thickened, stirring frequently. Remove from heat; stir in cheese, 1 tablespoon chives, 1/8 teaspoon salt, and pepper. Set aside; keep warm.
9. Cook ravioli in boiling water 2 minutes or until tender. Drain. Serve with sauce. Garnish with fresh chives, if desired.

Notes & Recipes

Shrooms

In The Kitchen

A Guide to Fungus in the Frying Pan Compiled by Vickie Phelps 2009