

Gourmet Mushroom Recipes



Preparation Hints for Gourmet Mushrooms

- Fresh mushrooms can be stored in a paper bag at ~4°C for up to 2 weeks. Do not store mushrooms in a tightly sealed container.
- Cut off the lower part of the stems of all oyster varieties to remove any shreds of straw or wood.
- If necessary, rinse with water (with some lemon juice added) just before use.
- Never try to peel mushrooms. They do not have a skin. Peeling is a waste of time and the appearance of the mushrooms will be destroyed.
- Do cook them with lemon juice. When you sauté, use olive oil + butter (1:1) and add some lemon juice.
- Dipping mushrooms (especially Oysters) in egg and then frying them in butter with chopped chives is easy & delicious.
- Dried mushrooms can be used instead of fresh ones. Soak the dried mushrooms in hot water for 30 minutes or until they have swollen to their original size. If using dried ones, use half the quantity of that of fresh mushrooms as they swell to their original size.

Abbreviations for Measuring

t. = teaspoon

T. = tablespoon (which equals 3 teaspoons)

C = cup

Fried Oyster Mushrooms

INGREDIENTS:

- 250 g Oyster mushrooms
- 1 T. Garlic (crushed)
- 2 t. Olive oil
- 1 t. Rosemary (finely chopped)
- 1 t. Butter
- 2 t. All purpose flour
- 1 t. Dry white wine (or sherry)
- 1 T. Soy sauce

INSTRUCTIONS:

Slice/tear mushrooms into chunky pieces.

Sauté garlic in olive oil for 15 seconds. Add mushrooms and sauté 3 minutes.

Add rosemary and butter and stir fry until butter is melted.

Sprinkle mushrooms with flour and stir fry.

Add wine and soy sauce and cook until liquid slightly thickens and the mushrooms are tender.

Spicy Vermicelli (or pasta) with Oyster Mushrooms

4 Servings

INGREDIENTS:

- 400 g Uncooked vermicelli (OR pasta)
 - 4 T. Olive oil
 - 1 t. Garlic (crushed)
 - 4 C Oyster mushrooms (shredded)
 - 1 C Zucchini (sliced)
 - ½ C Asparagus spears (sliced)
 - 1 C Leeks with greens (diagonally sliced)
 - 4 Red chillies (chopped)
 - ½ C Parmesan cheese (grated)
- Salt and fresh-ground black pepper to taste
- Grilled tomato slices for garnishing

INSTRUCTIONS:

Cook the vermicelli in a pot of boiling salted water for about 5 minutes or till *al dente*. Drain and refresh in cold water. Drain well and toss in a little hot butter in a pan. Keep warm.

Blanch the zucchini and asparagus in boiling water (~2 min). Drain and refresh in cold water. Drain and keep aside.

Heat the olive oil in a pan and sauté the garlic on low heat (~2 min).

Add the oyster mushrooms and sauté on medium heat (~4 min).

Mix in the blanched vegetables and red chillies. Cook for ~3 minutes or till the vegetables are tender but firm. Season with salt and freshly ground pepper.

At serving time, Pour the oyster mushroom mixture over a bed of vermicelli and sprinkle the freshly grated parmesan cheese on top. Serve immediately.

Oyster Mushroom Omelette

INGREDIENTS:

2 T. Oyster mushrooms (halved)

¼ t. Lemon juice

2 T. Onions (chopped)

2 T. Bell peppers - *red, yellow or orange* (chopped)

2 Eggs

2 T. Milk (or fresh cream)

1 T. Butter

Salt and fresh-ground black pepper to taste

INSTRUCTIONS:

Marinate the mushrooms in the lemon juice for ~20 minutes.

Put the eggs in a small bowl, add the milk, salt and black pepper, beat until smooth with a whisk.

Add the butter to a pre-heated pan. When it begins to bubble, pour in the whisked egg, so that the bottom of the pan is covered.

Sprinkle the onions and the marinated mushrooms on one half of the egg.

As soon as the bottom of the omelette is firm, fold the half without filling over. Wait for the entire omelette to be firm.

Place on a warm plate, cover with the bell peppers and serve.

Creamy Mushroom Risotto

6 Servings

INGREDIENTS:

- 4 T. Butter
 - 2 C Flavourful mushrooms – *e.g. oyster mushrooms, shiitake, or chanterelle* (cleaned, trimmed, and cut into chunky pieces)
 - $\frac{2}{3}$ C Cognac, vermouth, or dry white wine
 - $\frac{3}{4}$ C Heavy cream
 - 7 C Chicken stock
 - 1 T. Olive oil
 - $\frac{1}{3}$ C Peeled and minced shallots (OR white onion, finely chopped)
 - 1 $\frac{3}{4}$ C Arborio (Risotto) rice
 - $\frac{1}{3}$ C Parmesan cheese (freshly grated)
 - 2 T. Fresh parsley (chopped)
- Salt and freshly ground black pepper

INSTRUCTIONS:

Melt 2 T of butter in a medium skillet over medium-high heat. Add mushrooms and sauté ~5 minutes (*if using chanterelles, dry sauté first for a minute or two and let the mushrooms cook in their own juices before adding the butter*). Add cognac, bring to a boil, and reduce liquid by half (~3-4 min). Lower heat to medium, add cream, and simmer for 5 minutes. Remove skillet from heat and set aside.

Bring stock to simmer in a saucepan.

In a deep, medium sized saucepan, heat olive oil and remaining butter on medium heat. Add shallots or onions and cook until soft (~3 min). Add rice and stir to coat with butter and oil. Add simmering stock, $\frac{1}{2}$ cup at a time, stirring enough to keep the rice from sticking to the edges of the pan. Wait until the stock is almost completely absorbed before adding the next $\frac{1}{2}$ cup. This process will take ~20 minutes. The rice should be just cooked and slightly chewy.

Stir in the mushroom mixture and the Parmesan cheese. Season to taste with salt and pepper and serve garnished with parsley.

King Oyster Mushroom Salad

2 Servings

INGREDIENTS:

3 T. White wine vinegar
2 T. Extra virgin olive oil
1 small Shallot (chopped)
180 g Slender green beans
2 small Chicory heads
120 g King Oyster
Salt

INSTRUCTIONS:

Wash and dry the chicory then thinly slice on the diagonal.

Combine the vinegar, olive oil and shallots in a small bowl. In another bowl, combine 2 tablespoons of the dressing and the chicory and toss, let stand for 15 minutes.

Wash and trim the green beans and cook until tender crisp. Set aside to cool.

Clean the mushrooms and slice the whole mushroom vertically. In a wok or pan, heat until hot and add just enough olive oil to coat. Add the mushrooms and salt to taste, sauté until soft, slightly wilted and golden around the edges.

To plate, pile the chicory mixture in the middle of each plate. Add the green beans next and drizzle a little of the dressing over the green beans, top with the mushrooms. Serve immediately.

Spinach and Oyster Mushroom Salad

8 Servings

INGREDIENTS:

1 t. Butter
2 C Oyster mushrooms (sliced)
8 C Baby spinach
1 C Mandarin oranges
½ C Canned water chestnuts (drained)
½ C Red onion (sliced)

Salad Dressing:

- 1/3 C Toasted pecans (chopped)
- 2 T. Olive oil
- 2 T. Low-fat sour cream
- 1 T. Light mayonnaise
- 1 T. Balsamic vinegar
- 2 t. Honey
- 1/2 t. Fresh garlic (crushed)

INSTRUCTIONS:

Heat the butter in a non-stick pan over medium-high heat. Sauté the mushrooms for 8 minutes (or until browned).

Combine the spinach, mandarin oranges, water chestnuts, onion, pecans and warm mushrooms in a large serving bowl.

Whisk the olive oil, sour cream, mayonnaise, vinegar, honey and garlic together in a small bowl. Pour the dressing over the spinach mixture and toss to coat well.

Chicken, Oyster Mushroom and Artichoke Pizza

6 Servings

INGREDIENTS:

- 2 Green bell peppers
- 2 T. Olive oil
- 2 Onions (sliced)
- 2 Cloves garlic (crushed)
- 300 g Oyster mushrooms (halved)
- 2 Prepared pizza bases
- 1/3 C Tomato paste
- 1 T. Extra virgin olive oil
- 2 T. Fresh basil (chopped)
- 450 g Mozzarella cheese (grated)
- 450 g Chicken (cooked & sliced)
- 170 g Marinated artichoke hearts (drained)
- 1/3 C Sun-dried tomatoes in oil (drained & sliced)
- 1/3 C Olives

Freshly ground black pepper

Extra olive oil, if desired

INSTRUCTIONS:

Quarter the bell peppers and remove seeds and membranes. Broil or grill the peppers, skin side up, until skin blisters and blackens. Peel the skin and slice thinly.

Heat the oil in a frying pan, add the onions, garlic and mushrooms and cook, stirring, until the onions are soft.

Place the pizza bases on baking sheets and spread with combined tomato paste, olive oil and basil. Top with half the cheese then the chicken, artichokes, mushroom mixture, bell peppers, tomatoes and olives; top with remaining cheese. Sprinkle with freshly ground black pepper and drizzle with extra olive oil, if desired. Bake at 240°C for about 15 minutes, or until well browned and hot.

This recipe can be prepared a day ahead - assemble just before serving.

Asparagus and Mushroom Quiche

6 Servings

INGREDIENTS:

5 slices Bacon

30 ml Olive oil

1 small Onion, cut into 1/2-inch pieces

100 g Oyster mushrooms (torn into strips)

135 g Fresh asparagus (chopped)

1 Unbaked pie shell/crust (200 mm)

1 Egg white, lightly beaten (optional)

140 g Cheddar cheese (grated)

65 g Feta cheese (crumbled)

2 Eggs

180 ml Cream

Pinch of salt

Freshly ground black pepper

INSTRUCTIONS:

Preheat oven to 200°C.

Cook bacon in a large skillet over medium heat until evenly brown and crisp. Drain on paper towels, crumble and set aside.

Heat oil in a large skillet over medium-high heat. Add onions; cook and stir until translucent. Reduce the heat to medium and add the mushrooms. Continue cooking until the mushrooms are tender. Set aside.

Bring a saucepan of salted water to a boil over high heat. Cook asparagus in boiling water until just tender (1-2 min). Immediately drain and run under cold water to cool.

Brush the pie shell with the beaten egg white, if using. Place the onion and mushroom mixture, asparagus, and bacon into the bottom of the pie shell. Sprinkle the Cheddar and feta cheeses over the vegetables. In a small bowl, whisk together the eggs, cream, salt, and pepper until smooth. Pour this mixture over the vegetable and cheese filling.

Bake uncovered for 35-40 minutes, or until firm and lightly browned on top. Let cool to room temperature before serving.

SEND US YOUR DELICIOUS MUSHROOM RECIPES AND IDEAS to:

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