



Simple Summer Eating



Introduction

Summer is about simplicity. It's about relaxing outdoors and enjoying the festive delights of the holiday season.

So whether it's moreish nibbles by the pool, a casual BBQ, a party to remember, a catch up with friends or a family meal, simple summer eating is made deliciously easy with nature's ultimate superfood – **Mushrooms**.

Mushrooms are a smart choice for simple summer eating, blending good nutrition with great taste, convenience and versatility.

Make life easier and introduce some stress free summer barbecue and salad recipes to the table and watch family and friends come back for more.

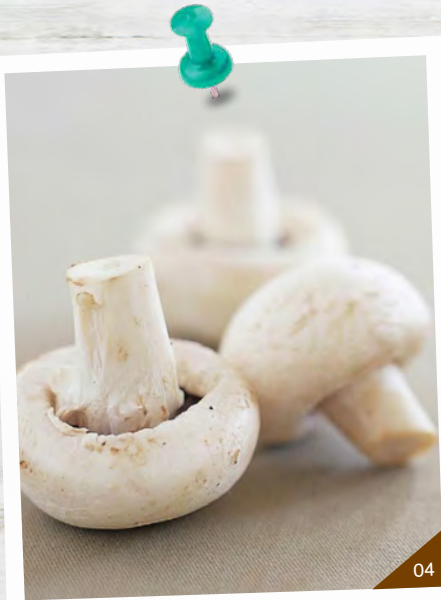
And for burger lovers there are even more reasons to add mushrooms. The simple step of "mushroom blending" boosts the nutritional profile of burgers, rissoles and mince based dishes and delivers that satisfying rich umami flavour that we all enjoy.

So, when you think of simple summer eating, think mushrooms. Enjoy....

MUSHROOMS



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Selecting, storing and preparing mushrooms

SELECTING

Choose mushrooms that are plump and firm with a smooth appearance.

Surfaces should be dry, but not dried out.

A closed veil under the cap indicates a mild flavour, while an open veil and exposed gills means a richer flavour.



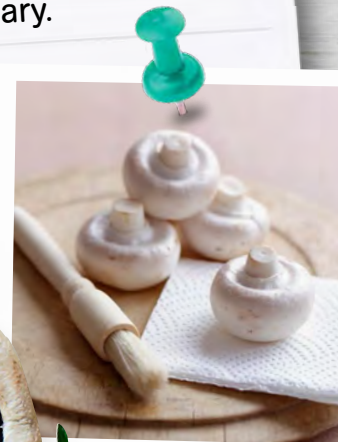
STORING

For prolonged shelf-life, store mushrooms in their original packaging or in a porous paper bag.

When stored in a paper bag on the bottom shelf of the fridge, mushrooms will last at least a week. Fresh mushrooms should never be frozen, but frozen sautéed mushrooms will keep for up to one month.

PREPARING

There is no need to peel mushrooms. Apart from being time consuming, a lot of goodness and flavour is lost when you remove the skin. Wipe mushrooms gently with a damp cloth or use a soft brush to clean the skin surface. Do not soak in water, as the mushrooms will absorb water and this dilutes the flavour. Trim the stem ends if necessary.



Mushrooms love summer BBQ's

The barbecue is an Australian institution, but who says you need to serve up the same old barbecue foods? Why not step away from the ordinary and grab some mushrooms to make your barbecue a little bit different. Barbecue mushrooms are the hottest and healthiest addition to meals this summer.

BBQ TIPS

- ✓ Don't grease the barbecue plate until after it has been cleaned and preheated. Adding the oil too early will cause the oil to burn before the plate is hot enough to cook. Burnt oil taints the flavour of food.
- ✓ To clean your barbecue, preheat the plate to a high heat. Rub the surface of a cut lemon over the plate and grill and it will clean the surface to perfection.
- ✓ Use a bunch of rosemary to baste your mushrooms and barbecuing foods, it imparts a delightful flavour and unlike the bristles on a pastry brush the rosemary will not burn.
- ✓ Trim the stems (cook or store for another use) and cook mushrooms gill side down first and then turn. Cook mushrooms quickly at high heat to lock in the flavoursome juice.



Pesto & Feta Barbecue Flats

Cooking time: 4 minutes Serves: 4

INGREDIENTS:

8 medium flat mushrooms,
stalks trimmed
Olive oil cooking spray
1/2 cup basil pesto

80g soft feta
Micro herbs or wild
rocket leaves, to serve

METHOD:

1. Preheat char-grill or barbecue grill plate on high heat until hot. Spray both sides of the mushrooms with olive oil and season with salt and pepper.
2. Cook, stalk side down for 2 minutes, turn mushrooms over and cook a further 2 minutes or until mushrooms are just tender. Transfer to a platter.
3. Top mushrooms with a dollop of pesto, crumble over the feta. Serve topped with basil, micro herbs or wild rocket leaves.



Flat Mushrooms



Barbecue Mushroom Salad



Cooking time: 10 minutes Serves: 6

INGREDIENTS:

1/4 cup olive oil
2 tbs red wine vinegar
1 tbs Dijon mustard
1 tsp caster sugar
400g cup mushrooms,
thickly sliced
1 bunch asparagus,
ends trimmed

150g mixed salad leaves
1 avocado, peeled & diced
100g roasted red capsicum,
cut into strips
100g bocconcini, torn in half
Extra virgin olive oil, to serve

METHOD:

1. Combine olive oil, vinegar, mustard, sugar and salt and pepper in a large ceramic bowl, whisk to combine. Add the mushrooms and stir to coat. Cover and stand 15 minutes.
2. Preheat barbecue plate on medium-high. Add mushrooms and any remaining dressing and barbecue for 3-4 minutes or until light golden and just tender.
3. Remove to a bowl. Add the asparagus, barbecue 2-3 minutes, turning until tender and just charred. Remove to a plate.
4. Arrange the salad leaves on a platter, top with avocado, capsicum, asparagus, mushrooms and bocconcini.
5. Season with salt and pepper, drizzle with extra virgin olive oil. Serve with barbecue steak, chicken or lamb.



Cup Mushrooms

Cooking time: 10 minutes Serves: 4

INGREDIENTS:

2 tbs extra virgin olive oil
1 lemon, juiced
1 tsp dried Greek oregano
500g green king prawns,
peeled & deveined
4 large flat mushrooms,
trimmed
1/2 cup hummos dip
1/2 cup Greek-style yoghurt
60g baby rocket leaves
Flat bread, barbecued
to serve



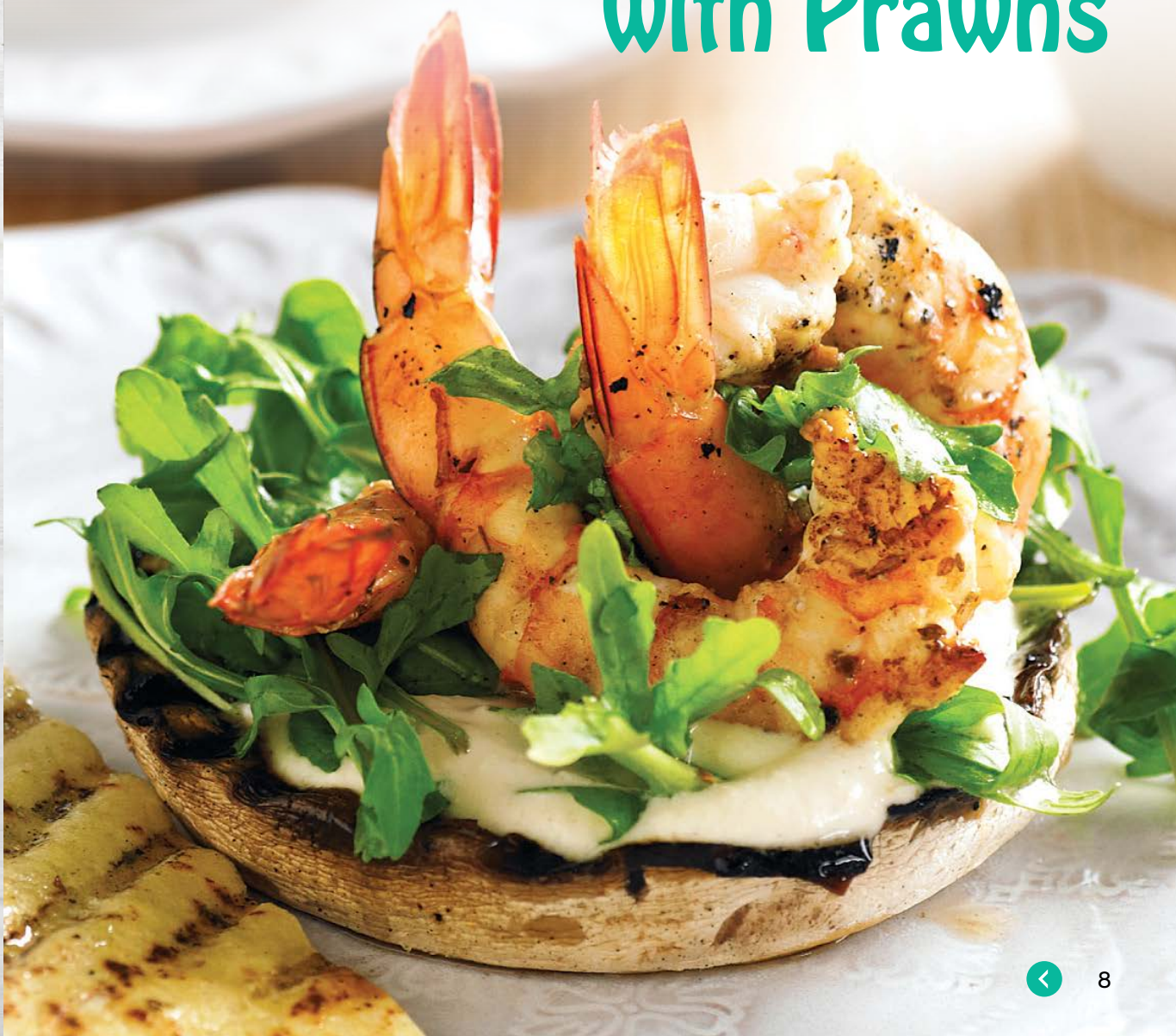
Jumbo Flat Mushrooms

METHOD:

1. Combine olive oil, lemon juice, oregano, salt and pepper in a medium bowl, whisk until well combined. Remove 1 tablespoon of mixture to a small bowl. Add the prawns to the medium bowl and toss gently to coat.
2. Preheat a greased barbecue plate on medium-high heat. Add the prawns and marinade to the hot barbecue and cook for 2-3 minutes, turning every minute or until the prawns are cooked through.
3. Remove to a plate, cover to keep warm. Increase the heat to high, add mushrooms and cook for 2-3 minutes each side until just tender.
4. Transfer the mushrooms, stalk-side up to serving plates. Combine the hummos and yoghurt, then spoon over the mushrooms. Top with rocket and prawns. Spoon over the reserved dressing, season with salt and pepper and serve with barbecued flat bread.

WATCH THE VIDEO 

Barbecue Lemon & Oregano Mushrooms with Prawns



Be on trend with a mushroom blend

Boost the flavour and the nutrition of your next meal with a simple cooking technique. The technique that brings out the power of mushrooms is blendability.

BLENDABILITY OVERVIEW

Blendability quite simply involves chopping or pulsing mushrooms in a food processor to make them the consistency of minced meat. The finely chopped, umami-rich mushrooms blended with your choice of minced meat – beef, pork or chicken – provide a serving of good health, while enhancing the flavour and texture of the dish.

BLENDABILITY BENEFITS

Chopped mushrooms can be easily added to a range of recipes that use mince including burger patties, rissoles, meatloaf, meatballs, taco fillings, san choy bow, moussaka and pasta dishes like lasagne and spaghetti Bolognese. The list is endless.

Research has shown that blending mushrooms into meat based meals provides a number of benefits including:

- Reduced intake of kilojoules
- Additional nutrients such as vitamin D, B vitamins and antioxidants
- Enhanced flavour
- Reduced salt content



BLENDABILITY - WHICH MUSHROOMS WORK

If you love all your mushrooms, the good news is that they all blend well and bring flavour and nutrients to your favourite dishes. White button and cup mushrooms blend well with poultry and pork, while Swiss Browns, Portabellas and Flats lend a rich flavour to beef and lamb mince.

BLENDABILITY TIPS

There is no wrong way to blend mushrooms with meat; however a good tip is to try and have your mushrooms chopped in a way that matches the texture of the meat component of the dish.

When you are using minced meat for burger patties or meatballs chop your mushrooms, so they are roughly the same texture. You can create small mushroom pieces by chopping with a knife or by pulsing in a food processor. If you are using your food processor don't overdo the process, or you will end up with a liquid blend rather than a lovely chopped result!

When you are blending with mushrooms, there are many different ways to add the power of mushrooms to your meals.

If you are making taco fillings or a richly delicious pasta sauce, simply brown the meat in a pan until cooked and then remove and set aside. Chop your mushrooms and add them into the pan to sauté for a few minutes. Return the meat to the pan, stir through thoroughly and complete your recipe using the mixture as your "meat" component.

For burger patties, meatballs or meatloaf, simply roast or sauté the mushrooms and then finely chop mushrooms, cool the mixture, then add them into your "meat" mixture. Cooking the mushrooms ahead of time helps to intensify the flavour to the water content and gives a delicious mushroomy taste to any dish.

BLENDABILITY - THE RIGHT MIX OF MUSHROOMS

Mushrooms blend so well it is a matter of personal choice how many you include in the dishes you make. For richer meat sauces like Bolognese or Chilli Con Carne dishes why not start out with a 50% mushrooms and 50% meat mix. Or if you are after something lighter, with a great mushroom flavour, simply add a portion of mushrooms, around 25-30% works well for burger patties and meatballs. The mix of mushrooms and meat is up to you; however a rule of thumb is to make sure that the amount of mushrooms and meat used equals the amount of meat included in the original recipe.

Blending mushrooms is not only healthy and tasty but it may also reduce food costs.

Try blending mushrooms yourself with these great recipe ideas...

Hoisin Chicken & Mushroom Rissoles

Cooking time: 52 minutes Serves: Makes 40

INGREDIENTS:

| | |
|----------------------------------------|-------------------------------------------|
| Olive oil cooking spray | 2 tbs hoisin sauce |
| 1 tbs olive oil | 2 tbs tomato sauce |
| 400g cup mushrooms, finely chopped | 1 egg, lightly whisked |
| 2cm piece fresh ginger, peeled, grated | 2 cups fresh white breadcrumbs |
| 4 green onions, finely chopped | 1/4 cup coriander, chopped |
| 600g chicken breast mince | Coriander leaves & hoisin sauce, to serve |

METHOD:

1. Preheat oven to 200°C fan forced. Grease two, 12 hole mini muffin tray with oil spray.
2. Heat a large frying pan over high heat until hot. Add oil and mushrooms and cook, shaking pan often, for 10 minutes.
3. Add the ginger and cook 30 seconds. Add the green onions and stir to combine. Transfer to a large bowl, set aside to cool.
4. Add the mince, hoisin sauce, tomato sauce, egg, breadcrumbs and coriander to the mushroom mixture. Season with salt and pepper. Mix well. Press mixture into muffin holes so they are full to the top.
5. Bake for 15-20 minutes or until firm in the centre. Stand in the pan for 5 minutes before turning onto a rack. Repeat with remaining mixture. Serve warm topped with extra coriander and hoisin sauce.

COOKS TIP

The rissoles can be warmed through by placing onto a baking tray and heating in 170°C fan forced oven for 6-8 minutes.

Mushroom & Chicken Burgers

Cooking time: 30 minutes Serves: 4

INGREDIENTS:

| | |
|--------------------------------------------------|-----------------------------------|
| 3 tbs olive oil | 1/4 cup chopped flat leaf parsley |
| 350g large button mushrooms, sliced | 4 hamburger buns, split, toasted |
| 400g chicken mince | 1/3 cup Dijonnaise |
| 6 green onions (shallots), finely chopped | 2 ripe tomatoes, thinly sliced |
| 1 egg, beaten | 50g mixed baby salad leaves |
| 1 cup fresh breadcrumbs, made from day old bread | |

METHOD:

1. Heat half the oil in a large non-stick frying pan over high heat. Add mushrooms and cook, stirring often, for 8 minutes or until the moisture evaporates. Set aside to cool for 10 minutes.
2. Combine mushrooms, chicken mince, green onions, egg, breadcrumbs and parsley in a bowl. Season well with salt and plenty of pepper, mix well to combine. Shape the mixture into 4 patties.
3. Heat remaining oil in a large non-stick frying pan over medium heat, alternately preheat barbecue flat plate on medium. Add the patties and cook, for 4 minutes on each side or until just cooked through.
4. Spread the bun bases with Dijonnaise, top with tomato, salad leaves and chicken and mushroom pattie. Serve.



Button Mushrooms

Serves: 4

INGREDIENTS:

3 tbs olive oil
400g button or cup mushrooms, diced
500g pork and veal mince
2 tbs tomato paste
1 egg, beaten
1 cup fresh breadcrumbs
1/3 cup flat leaf parsley, chopped

2 x 400g cans cherry tomatoes
1 tsp brown sugar
2 tsp red wine vinegar
Cooked rice, quinoa or a blend of rice and quinoa, to serve

METHOD:

1. Heat 1 tablespoon oil in a large frying pan over high heat. Add mushrooms and cook, stirring occasionally, 5 minutes or until tender. Set aside to cool 20 minutes.
2. Drain excess moisture from mushrooms and transfer to a food processor. Add mince, tomato paste, egg, breadcrumbs and parsley.
3. Pulse until combined. Shape into small rissoles. Chill 30 minutes if time permits.
4. Preheat the oven to 200°C or 180°C fan forced. Heat 2 teaspoons oil in a frying pan over medium-high heat.
5. Cook rissoles, in batches 4-5 minutes until evenly browned. Arrange rissoles on a baking tray. Bake for 10 minutes or until cooked through.
6. Meanwhile, add tomatoes, sugar and vinegar to frying pan, bring to boil. Reduce heat and simmer until reduced and thick.
7. Add rissoles and simmer for 5 minutes until warmed through. Season to taste. Serve with rice and quinoa.



Button Mushrooms

Mushroom Italian Rissoles



A healthy start to your year

If you're looking to maintain a healthy weight – and let's face it, aren't we all – then mushrooms can help. Research has shown that mushrooms have a powerful ability to make meals more filling which can help you to avoid over eating. Mushrooms also get the tick of approval for being low in kilojoules, virtually fat free and no cholesterol.

Mushrooms are neither a fruit nor a vegetable and therefore have unique nutritional characteristics. Packed with essential vitamins and minerals, mushrooms are one of nature's true miracle foods.

- One serve (100g) provides more than 20% of the daily needs of six essential nutrients – riboflavin, niacin, pantothenic acid, biotin, copper and selenium.
- Mushroom consumption is associated with a lower risk of breast cancer.
- Mushrooms naturally generate vitamin D when exposed to sunlight.
- Mushrooms have compounds called glucans that naturally help to lower blood cholesterol in a manner similar to statin medication.
- Mushrooms are ideal for people with diabetes as they have a Glycemic index close to zero and natural compounds that help control blood glucose levels.



Mushroom, Tomato & Avocado Salad



Cooking time: 30 minutes Serves: 6

INGREDIENTS:

300g button mushrooms, sliced
15cm piece Turkish bread, split
Olive oil cooking spray
2 large ripe avocados, halved, stone removed
500g cherry tomatoes, halved
2 Lebanese cucumbers, halved, deseeded, sliced
1 cup small basil leaves

Dressing

1/4 cup extra virgin olive oil
1 tbs lemon juice
2 tbs mirin or sweet sherry
1 garlic clove, crushed
1 tsp honey
1 tsp Dijon mustard

METHOD:

1. To make the dressing, combine all the dressing ingredients in a screw-top jar with salt and pepper. Shake well to combine. Place the mushrooms in a bowl. Pour over two-thirds of the dressing, stir to coat. Cover and set aside 30 minutes until mushrooms have absorbed the dressing.
2. Preheat oven 220°C. Cut Turkish bread into 1cm cubes. Place onto a baking tray. Spray both sides of bread with olive oil. Bake for 10 to 15 minutes, tossing occasionally until golden and crisp. Set aside to cool.
3. Dice avocados and add to mushrooms with tomatoes, cucumber, basil and toasted Turkish bread. Pour over the remaining dressing, toss gently. Serve immediately.



COOKS TIP

This is great as a side dish, or add 1kg cooked peeled prawns and serve as a main.

Mushroom Couscous

Cooking time: 30 minutes Serves: 4

INGREDIENTS:

| | |
|-------------------------------------------------------|-------------------------------------------|
| 450g orange sweet potato, peeled, cut into 2cm pieces | 1/4 cup olive oil |
| 1 eggplant, cut into 2cm pieces | 300g can chickpeas, drained, rinsed |
| 1 large red capsicum, halved, deseeded, chopped | 1 1/2 cups couscous |
| 1 red onion, cut into thin wedges | 1 1/2 cups vegetable stock |
| 400g cup mushrooms, thickly sliced | 1 tbs butter |
| | 1/4 cup flat leaf parsley, finely chopped |

METHOD:

1. Preheat oven to 200°C. Place sweet potato, eggplant, capsicum, onion and mushrooms in a large roasting pan. Drizzle over the oil, season with salt and pepper, turn to coat vegetables in oil. Roast for 15 minutes.
2. Add chickpeas to roasting pan and turn vegetables. Roast for a further 10 minutes or until chickpeas are warmed through and vegetables tender.
3. Meanwhile, place couscous into a large heatproof bowl. Place stock in a small saucepan and bring to the boil over high heat. Pour stock over couscous. Cover and set aside for 3 minutes or until stock is absorbed. Add butter. Stir with a fork to separate grains.
4. Add roasted vegetables and parsley to couscous. Season with salt and pepper. Toss gently. Serve as a vegetarian meal or a side dish with barbecued beef, lamb or chicken.



Serves: 4

INGREDIENTS:

1/2 cup light soy sauce
(salt-reduced)
2 garlic cloves, crushed
1 tsp Chinese five spice
1 tbs brown sugar
4 salmon fillets, skin on
400g button mushrooms,
halved

100g baby Asian Greens
1 red capsicum, cut into
thin strips
1 cup bean sprouts, trimmed
1/2 cup fresh coriander
leaves
1/2 cup fresh mint leaves
2 tbs sweet chilli sauce

METHOD:

1. Combine soy sauce, garlic, five spice and sugar in a jug. Place salmon and mushrooms in separate ceramic bowls. Pour half marinade over each, stir to coat. Cover and refrigerate for 2 hours.
2. Preheat a barbecue plate or non-stick frying pan over high heat. Drain salmon, discard the marinade. Cook salmon for 2 to 3 minutes each side or until cooked to your liking. Transfer to a plate, cover to keep warm.
3. Add Asian greens, capsicum, bean sprouts, coriander and mint to the marinated mushrooms, toss to combine. Flake the salmon fillets and add to the salad with sweet chilli sauce. Toss gently to combine. Serve with extra sweet chilli sauce if desired.



Button Mushrooms

Salmon & Mushroom Salad



Balsamic Mushrooms with Lime



Preparation: 10 minutes Cooking time: 12 minutes Serves: 4

INGREDIENTS:

| | |
|-----------------------------------------------|--------------------------------|
| 1 cup walnut halves, chopped | 2 tsp brown sugar |
| 1/3 cup olive oil | 1 tbs balsamic vinegar |
| 2 garlic cloves, crushed | 2 tbs lime juice |
| 1 small red chilli, deseeded & finely chopped | Steamed jasmine rice, to serve |
| 500g button mushrooms, trimmed | |

METHOD:

1. Heat a wok over high heat. Add the walnuts & cook, stirring constantly, for 2-3 minutes or until hot. Remove & set aside.
2. Add oil, garlic & chilli to the wok & stir-fry for 30 seconds. Add the mushrooms & stir-fry for 2-3 minutes or until the mushrooms are just tender.
3. Combine the balsamic vinegar & brown sugar, add to the mushrooms & stir-fry 30 seconds or until well coated.
4. Remove from the heat, stir in the walnuts & lime juice. Serve with steamed jasmine rice.



Button Mushrooms

Don't be in the dark about mushroom varieties

WHITE BUTTON MUSHROOMS

White button mushrooms are small, tightly closed, have a firm texture and mild flavour. They are perfect for salads used cooked or raw, added to pasta, marinated for an antipasto or bruschetta topping, skewer and add to kebabs or serve with dips.

CUP MUSHROOMS

Cup mushrooms are larger than buttons and just starting to open around the stem. Their texture is firm but their flavour and colour is more intense than button mushrooms. Cups can be used whole, sliced, diced or quartered and are ideal for sautéing, stir-frying, barbecuing, stuffing and grilling or baking.

FLAT MUSHROOMS


Flat mushrooms have opened out, exposing their rich, dark gills. Flats vary in size from small, medium to jumbo size. Like cups, flats are best served cooked. Try roasting or barbecuing them whole. Sliced, they make sensational tempura; they provide an intense colour and rich umami flavoured and work well when blended with mince.

SWISS BROWN MUSHROOMS

Swiss Brown mushrooms are similar in shape and size to white button mushrooms. Tan to dark brown colour, their texture is firmer, with less moisture content, so they hold their shape well when cooked. Their flavour is deeper and earthier than white mushrooms.

PORTABELLA MUSHROOMS

Portabella mushrooms are essentially a Swiss Brown left longer to grow so they open out flat, exposing dark, fragrant gills. They are dense, firm and meaty textured with a deep, rich umami flavour. Portabella are ideal for barbecuing, stuffing, baking and slicing for sauces.



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