

# WINTER Cooking with Mushrooms

"Don't be in  
the dark about  
the power of  
mushrooms."





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# Introduction

Winter is a wonderful time to enjoy cooking with mushrooms.

Not only does the flavour of mushrooms infuse beautifully in rich and hearty dishes, but mushrooms also provide essential nutrients to help keep you healthy over the cooler months.

While we stay cosy inside it can be hard to maintain vitamin D levels. Luckily, mushrooms are a natural source of vitamin D, and the only non-animal food to have vitamin D at that. You'll also give yourself a boost of B group vitamins, plus essential minerals and antioxidants with every serve.

When it comes to winter cooking, the temptation to add more salt often gets us. But by simply adding umami flavour-rich mushrooms to your dish means you don't need as much salt. That's great news for our blood pressure!

There are plenty of great reasons to get cooking with mushrooms this season, and you won't be stuck for inspiration with our beautiful new recipes, created for you in this eBook.

Enjoy the power of mushrooms!

**Australian Mushroom Growers**





# 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.







**MUSHROOM FACT**  
Mushrooms naturally generate vitamin D when exposed to sunlight.

# Grilled Mushroom Bruschetta

Cooking time: 6 minutes Serves: 4

## INGREDIENTS:

- |  |                                |
|--|--------------------------------|
| 2 tbs extra virgin olive oil           | 2 green onions, finely chopped |
| 4 slices sourdough bread               | 1 tbs lemon juice              |
| 4 large flat mushrooms, stalks removed | 100g labneh*                   |
| 4 free range eggs, at room temperature | 2 tsp finely grated lemon rind |
| 1 ripe avocado, mashed                 | Micro-cress, to garnish        |

## METHOD:

1. Preheat a char-grill pan over a high heat. Brush both sides of bread and mushrooms with oil. Char-grill bread for 2 minutes each side then char-grill mushrooms for 3 minutes on each side or until tender. Remove.
2. Meanwhile, bring a medium saucepan of water to the boil. Gently add eggs and stir until water returns to the boil. Cook for 4 minutes for soft-boiled eggs, or until cooked to your liking. Drain and refresh under cold water. Gently crack shells and peel.
3. Combine avocado, onions and lemon juice. Season. Mix well. Spread labneh over bread. Top with mushrooms. Spoon over avocado. Break eggs in half and arrange on top. Sprinkle with lemon rind and micro-cress. Serve.

## TIPS:

\*Labneh is available in the specialty cheese section of some supermarkets and fruit and veg grocers. You can replace with feta or goat's cheese.



# Quick & Easy Mushroom Flatbread

Cooking time: 20 minutes Makes: 10

## INGREDIENTS:

1 cup Greek-style natural yoghurt  
2 cups plain flour  
½ tsp sea salt flakes, crushed  
2–3 tsp cold water  
300g button mushrooms, thinly sliced  
1 tbs olive oil

Thyme salt, to serve: **Optional**  
1 tsp sea salt flakes, crushed  
1 tsp fresh thyme leaves

## METHOD:

1. Combine the yoghurt, flour and salt in a bowl, mix until combined, adding water if needed to bring dough together. Turn onto a lightly floured board and knead until smooth (it will take about 5 minutes). Wrap in plastic wrap and set aside to rest for 15 minutes or you can refrigerate for up to 24 hours.
2. Divide the dough into 10 pieces (about 60g or ¼ cup each). Shape into balls and then roll out on baking paper until 15cm in diameter. Top each with sliced mushrooms and use your palm to press into the dough, then roll over the dough to secure. Layer the pieces of flatbread between sheets of baking paper until ready to cook.
3. Preheat a barbecue plate or frying pan on high until hot. Brush both sides of dough with oil and cook, mushroom side-down first for about 1 minute, or until bubbled up and charred, then turn and cook for a further 45–60 seconds.
4. **To make thyme salt:** Combine salt and thyme. To serve, brush warm bread lightly with oil and sprinkle with thyme salt.

**MUSHROOM FACT**  
The mushroom is not a plant, so it has unique nutritional characteristics when compared to fruit and vegetables.





# 6 ways with Mushroom Flat Bread

- 1 Serve topped with a dollop of labneh and drizzle extra virgin olive oil.
- 2 Spread with smashed avocado, top with tomato and mixed lettuce.
- 3 Serve with beef, lamb or pork skewers, dollop of yoghurt and mixed salad leaves.
- 4 Cut into pieces and serve with dips.
- 5 Serve with Indian curry.
- 6 Top with pulled Mexican pork, a dollop of chipotle mayonnaise and coleslaw.





# Mushroom & Kale Soup

Cooking time: 25 minutes Serves: 4

## INGREDIENTS:

3 tbs olive oil	4 cups (1 litre) chicken stock
1 brown onion, finely chopped	2 dried or 3 fresh bay leaves
1 long red chilli, deseeded, very finely chopped	200g cup mushrooms, trimmed, sliced
2cm piece fresh ginger, peeled, finely grated	4 (100g) kale leaves, stalks removed, leaves washed & shredded
400g flat mushrooms, chopped	2 tbs cooking cream, optional
2 tbs plain flour	Toasted sourdough bread, to serve

## METHOD:

1. Heat 2 tablespoons oil in a large saucepan over medium heat. Add onion, chilli and ginger. Cook, stirring occasionally, for 5 minutes, or until soft. Add flat mushrooms. Cook, stirring occasionally, over a high heat for about 8 minutes, or until mushrooms are tender.
2. Sprinkle flour over mushrooms. Cook, stirring for 2 minutes. Remove the pan from heat. Gradually add stock, stirring constantly. Add the bay leaves. Return the pan to a medium-high heat. Bring to the boil. Simmer, uncovered, stirring occasionally, over medium-low heat for about 10 minutes, or until thickened slightly. Remove from the heat. Remove and discard bay leaves. Cool slightly.
3. Blend until smooth. Return to same saucepan. Meanwhile, heat remaining oil in a large frying pan over a high heat. Add cup mushrooms. Cook, stirring occasionally, for about 4 minutes, or until tender. Add kale. Stir until wilted. Add mushroom mixture to soup, then stir in cream if using. Stir over low heat until combined. Season. Serve with toasted sourdough bread.

## TIPS:

This soup will last up to 4 days, stored in in an airtight container in the fridge.



**MUSHROOM FACT**  
Mushrooms have compounds called glucans that naturally help to lower blood cholesterol in a manner similar to statin medications.



**MUSHROOM FACT**  
Mushrooms are one of  
the highest antioxidant  
foods on the market.

# Best Ever Mushroom Sauce

**Cooking time: 40 minutes   Makes: 2½ cups**

## INGREDIENTS:

30g butter	2 tbs plain flour
2 tbs olive oil	1¼cup beef stock
1 large brown onion, finely chopped	⅔ cup thickened cream
200g cup mushrooms, trimmed, quartered	1 tsp Dijon mustard
200g Swiss Brown mushrooms, trimmed, quartered	2 tbs chopped flat-leaf parsley

## METHOD:

1. Heat butter and oil together in a large frying pan over medium heat. Add onion. Cook, stirring occasionally, for 5 minutes, or until soft. Add mushrooms. Cook, stirring occasionally for 5 minutes, or until softened. Sprinkle over flour. Cook, stirring for 1 minute.
2. Add stock, stirring constantly. Bring to boil. Simmer, uncovered over a medium-low heat, for 5 minutes. Stir in cream and mustard. Simmer, stirring occasionally, for a further 8–10 minutes, or until thickened slightly. Stir in parsley. Season. Serve.

## TIPS:

Mushroom sauce will last for up to two days, stored in an airtight container in the fridge.



# 10 ways with Mushroom Sauce

- 1 Spoon over pan-seared steak.
- 2 Add diced cooked bacon and serve over jacket backed potatoes.
- 3 Add to cooked pasta with a handful chopped flat leaf parsley and grated pecorino.
- 4 Serve with chicken or veal schnitzel.
- 5 Spread into the centre of cooked omelette, fold over and top sauce with diced tomato and finely chopped green onions.
- 6 Use as the creamy layer when making a lasagne.
- 7 Thinly slice chicken breast fillet and sauté until golden. Add mushroom sauce and serve over mashed potato or couscous.
- 8 Stir in shredded barbecue chicken. Spoon into ramekins and top with puff pastry lid. Bake until golden for quick and easy pies.
- 9 Add sauce to your regular Bolognese mixture, serve over large cooked shell pasta.
- 10 Serve over char-grilled pork, chicken or fish skewers.





# Mushroom Korma Curry

Cooking time: 30 minutes Serves: 4

## INGREDIENTS:

- |  |  |
|--|--|
| 1 tbs ghee or vegetable oil                                    | 2 cups vegetable stock   |
| 1 brown onion, finely chopped                                  | 400ml can coconut milk   |
| 3 tsp garam masala   | 125g green beans, trimmed, cut in half                                   |
| 400g button mushrooms, trimmed                                 | Roasted cashews, fresh coriander leaves & steamed basmati rice, to serve |
| $\frac{2}{3}$ cup korma curry paste                            |  |
| $\frac{1}{2}$ small (about 350g) cauliflower, trimmed, chopped |  |
| 1 small (about 400g) orange sweet potato, peeled, chopped      |  |

## METHOD:

1. Heat ghee or oil in a large wok over medium heat. Add onion and garam masala. Cook, stirring occasionally for 3 minutes, until soft. Add mushrooms. Cook, stirring over a high heat for about 5 minutes, or until mushrooms are soft. Add curry paste. Cook, stirring, for 1–2 minutes, or until fragrant.
2. Add cauliflower and sweet potato and stir to coat in spice mixture. Add stock and coconut milk. Bring to boil. Cover with lid. Simmer, stirring occasionally over a medium-low heat for about 15 minutes, or until potato is tender. Remove lid. Add beans and simmer, uncovered for about 5 minutes or until beans are tender. Serve. Sprinkle over cashews and coriander. Serve with basmati rice.

## TIPS:

You can use other vegetable such as butternut pumpkin, red capsicum and zucchini.

### MUSHROOM FACT

Mushrooms are a nutrient-rich food for people with diabetes. They have a very low GI and by providing potassium and virtually no sodium (salt) they help keep blood glucose levels normal.



# Beef & Mushroom Meatloaf

Cooking time: 55 minutes Serves 6

## INGREDIENTS:

- |  |  |
|--|--|
| 3 tbs olive oil                                    | 1 medium carrot, peeled, grated                        |
| 200g button mushrooms, thinly sliced               | 1 medium zucchini, grated                              |
| 200g Swiss brown mushrooms, thinly sliced          | 100g (½ cup) roasted or char-grilled capsicum, chopped |
| 700g regular beef mince                            | ½ cup finely grated parmesan                           |
| 250g packet microwave rice and quinoa (pre-cooked) | 1 tbs fresh thyme leaves                               |
| 4 green onions, finely chopped                     | 250g cherry truss tomatoes                             |

## METHOD:

1. Preheat oven to 180°C fan-forced. Lightly grease a 5cm deep, 13cm x 23cm (base) loaf pan.
2. Heat 2 tablespoons of the oil in a large non-stick frying pan over high heat. Add mushrooms. Cook, stirring occasionally, for about 4 minutes, or until mushrooms are softened. Transfer to a large bowl. Set aside to cool. Drain off any liquid. Transfer cup of mushrooms to a bowl and set aside.
3. Add mince, precooked rice and quinoa, green onions, carrot, zucchini, capsicum and half the parmesan and half the thyme to mushrooms in the pan. Season. Mix with clean hands until well combined. Press mixture into prepared pan. Smooth surface. Sprinkle over reserved mushrooms and remaining thyme, gently pressing them into the meatloaf. Bake for about 40–45 minutes, or until cooked when tested with a skewer. Stand for 15 minutes.
4. Meanwhile, increase oven to 220°C fan-forced. Place tomatoes onto a greased baking tray. Drizzle with remaining oil. Season. Roast for about 5 minutes, or until skins start to split. Turn meatloaf onto a tray, then turn upright. Sprinkle over remaining parmesan, slice and serve with roasted tomatoes.

## TIPS:

After grating the vegetables, place in a clean tea-towel and squeeze out excess moisture.

**MUSHROOM FACT**  
Mushrooms are the only non-animal fresh food to have natural vitamin D.



# Be on trend with a Mushroom blend

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

Simply chopping or pulsing mushrooms in a food processor makes them the consistency of minced meat. The finely chopped, umami-rich mushrooms blended with your choice of minced meat provide a serving of good health, while enhancing the flavour, texture and nutrition of your dish.

Chopped mushrooms can be easily added to a range of recipes that use mince. Try blending mushrooms in burger patties, rissoles, meatloaf, meatballs, tacos, san choy bow, moussaka and pasta dishes like lasagna and spaghetti Bolognese. The possibilities are endless!







## WHY BLEND?

Blending mushrooms into meat-based meals provides a number of benefits:

- Reduced intake of kilojoules
- Additional nutrients such as vitamin D, B vitamins and antioxidants
- Enhanced flavour
- Reduced salt content - the umami of mushrooms means you don't need to add as much salt.

## WHICH MUSHROOMS CAN I BLEND?

If you love 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.

## HOW DO I BLEND?

There is no wrong way to blend mushrooms with meat; but here's a few tips to create some tasty dishes. Try and have your mushrooms chopped in a way that matches the texture of the meat. You can create small mushroom pieces by chopping with a knife or by pulsing in a food processor. But don't overdo the process, or you'll end up with a liquid blend!

If you are making taco fillings or a pasta sauce, simply brown the meat in a pan

until cooked, remove and set aside. Add chopped mushrooms to the pan and 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, sauté the chopped mushrooms first and then add them to your mince mixture. Cooking the mushrooms ahead of time helps to intensify the flavour.

## HOW MUCH DO I BLEND?

For richer meat sauces like Bolognese or chilli con carne, blend about 50% mushrooms and 50% meat mix. Around 25–30% mushrooms works well for dishes like burger patties and meatballs.

The mix of mushrooms and meat is up to you, but make sure that the amount of mushrooms and meat used equals the amount of meat included in the original recipe.



### MUSHROOM FACT

Research shows there is a strong association between mushroom consumption and a lower risk of breast cancer (over 60%).

# Mexican Chicken and Mushroom Casserole

Cooking time: 40 minutes Serves: 4–6

## INGREDIENTS:

8 (about 1.4kg) chicken thigh fillets, trimmed	453g jar mild tomato salsa
1 cup plain flour	1 cup chicken stock
2 tbs vegetable oil	¼ cup coriander leaves
1 brown onion, finely chopped	1 tbs jalapeno chilli, drained, finely chopped
400g button mushrooms, trimmed	Lime wedges & warm tortillas, to serve, optional
40g sachet Fajita seasoning	

## METHOD:

1. Place flour on a plate and season. Dust chicken in seasoned flour. Shake off excess. Reserve any remaining flour. Heat half the oil in a large flameproof casserole dish or large deep frying pan over high heat until hot. Cook the chicken, in two batches, for 2–3 minutes on each side, or until browned. Remove to a plate.
2. Reduce heat to medium. Add remaining oil and onion to same dish. Cook, stirring occasionally, for 5 minutes, or until soft. Add mushrooms, Fajita seasoning and reserved flour. Cook, stirring for 1 minute.
3. Return chicken to pan with salsa and stock. Bring to boil. Reduce heat. Cover and simmer gently for 25 minutes, or until chicken is just cooked. Remove lid. Simmer for a further 5 minutes, or until sauce is thickened slightly. Sprinkle over coriander and jalapeno. Serve with lime wedges and warm tortillas.

## TIPS:

Fajita seasoning can be replaced with Mexican spice blend or taco seasoning if preferred. For a milder flavour, omit jalapeno.



# Mushroom Ragu with Slow-Cooked Lamb

Cooking time: 6 Hours 30 Minutes Serves 4-6

## INGREDIENTS:

- |   |   |
|---|---|
| 1.5kg lamb shoulder (with the shank attached) | 600g mixed mushrooms, sliced<br>(i.e. cups, Swiss brown, oyster & shiitake) |
| 2 tbs olive oil                               | 375ml chicken stock   |
| 2 tsp smoked paprika                          | 1 lemon, cut into wedges  |
| 1 tsp ground cumin                            | 1 cup chopped flat-leaf parsley leaves                                      |
| 1 tsp ground coriander                        | 1 large lemon, finely grated  |
| 3 drained anchovy fillets, finely chopped     | ¼ cup slivered almonds, toasted   |
| 2 brown onions, halved, thinly sliced         | Flat-bread and natural yoghurt, to serve                                    |
| 4 garlic cloves, peeled, sliced               |   |

## METHOD:

1. Preheat the oven to 130°C fan-forced. Score the fat-side of the lamb. Combine 1 tablespoon of the oil with paprika, cumin, coriander and salt and pepper then rub all over the lamb.
2. Heat a deep, flameproof roasting pan or baking dish over a medium-high heat. Add the remaining oil, then the lamb, skin-side down. Cook until the lamb is well browned all over. Remove the lamb to a tray.
3. Turn the heat down to medium, add the anchovy fillets and stir until dissolved. Add the onions and garlic and cook for 5 minutes until soft, then stir in the mushrooms and cook for 3 minutes. Pour in the stock and bring to the boil. Turn the heat off.
4. Place the lamb on top of the mushrooms. Add the lemon wedges. Place a sheet of baking paper right down on the surface of the lamb, then cover tightly with a lid or 2-3 layers of foil. Roast for 5-6 hours or until lamb meat falls from the bone easily.
5. Strain the juices into a jug. Carefully skim the excess fat from the surface of the juices then pour 1-1½ cups juices back over the lamb. Preheat grill on high heat. Place the lamb under the grill to crisp up the skin if desired.
6. Combine the parsley, lemon rind and almonds and scatter over the lamb. Serve with warm flat-bread and yoghurt.

**MUSHROOM FACT**  
Mushrooms are low in fat, and have just 103 kilojoules per serve. For weight watchers research suggests they have the additional benefit in dampening short term appetite.







### MUSHROOM FACT

Mushrooms are an exceptionally nutrient-dense food, with one serve providing more than 20% of the daily needs for essential nutrients – riboflavin, niacin, pantothenic acid, biotin, copper and selenium.

# Chicken & Mushroom Cacciatore

Cooking time: 40 minutes Serves: 4

## INGREDIENTS:

2 tbs extra virgin olive oil	½ cup white wine
8 pieces skinless chicken (like thigh cutlets or lovely legs)	500ml tomato passata
400g button mushrooms, trimmed	⅔ cup Kalamata olives
1 brown onion, finely chopped	2 tbs capers, drained
3 rindless bacon rashers, trimmed, chopped	¼ cup chopped flat-leaf parsley
2 garlic cloves, crushed	Crusty bread or cooked pasta to serve

## METHOD:

1. Preheat oven 180°C (fan forced). Heat a deep, large heatproof casserole dish over high heat until hot. Add 2 tsp oil and half the chicken. Cook for 3 minutes each side or until golden.
2. Transfer to a plate. Repeat with oil and remaining chicken.
3. Add half the remaining oil and mushrooms to the pan. Cook, stirring occasionally for 3–5 minutes or until golden. Transfer to a plate.
4. Add the remaining oil, onion and bacon to the hot pan. Cook, stirring often, for 5 minutes or until onion softens. Add garlic and cook a further minute. Add wine and bring to the boil.
5. Return chicken and mushrooms to the pan. Pour over tomato passata and shake the pan to allow sauce to run to the bottom.
6. Cover with lid, transfer to oven and bake 35–40 minutes until chicken is cooked through.
7. Stir through the olives, capers and parsley, and serve with crusty bread or pasta.





# Sauté Button Mushrooms & Green Beans

Cooking time: 5 minutes Serves: 4–6 as side

## INGREDIENTS:

- |                                       |   |
|---------------------------------------|---|
| 3 tbs olive oil                       | 200g green beans, topped, cut into 3cm lengths              |
| 2 large garlic cloves, crushed        | 250g tomato medley (ie Kumato, mini roma, cherry, teardrop) |
| 2 tsp ground sweet paprika            | 1 lemon, halved   |
| 400g button mushrooms, stalks trimmed |   |

## METHOD:

1. Put oil, garlic and paprika into a large frying pan. Put over medium heat, stirring until warm and fragrant. Increase heat to high. Add mushrooms. Cook, stirring occasionally for about 5 minutes, or until mushrooms are light golden.
2. Wash beans then add to mushrooms. Cover with lid. Cook for about 1–2 minutes, or until beans are tender crisp. Add tomatoes, toss over high heat for 1 minute until warm. Squeeze over lemon juice and toss to combine. Season and serve.

## TIPS:

A great side dish that goes well with fish, chicken, lamb, beef and pork.

### MUSHROOM FACT

Mushrooms are gluten free and can help lower the risk of gout.



# 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.

## CUPS

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.

## FLATS

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 flavour and work well when blended with mince.

## SWISS BROWN

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

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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