

XCentric Ideas



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Recipes from Internet &
Cookbooks

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Mushroom Facts



Agaricus (White or Button)



Chanterelles, or Girolle



Crimini, or Italian Brown



Enoki, or Enokitake



Morel



Oyster, or Pleurotus



Porcini



Portabella



Shiitake



Truffle

Cleaning, buying and storing Mushrooms

Clean mushrooms only when you are ready to use them. Remove any bits of the debris on the surface, rinse with cold running water or gently wipe the mushrooms with a damp cloth, paper towel, or soft brush.

You should look for firm, moisture-free (not dry), unblemished caps, and free of mould.

Place purchased loose mushrooms in a paper bag in the refrigerator. Airtight plastic bags tend to retain moisture and will accelerate spoilage. Properly stored mushrooms will last for approximate five days.

Mushrooms can be frozen but they must be cleaned, cooked, and placed in a ½ cup or 1 cup container to freeze. Don't forget to mark the date on the container, frozen mushrooms will last several months.



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Mushroom Pâté

300 g mushrooms
1 onion, chopped
50 g butter
200 g cream cheese, softened
1 tablespoon chives, freshly chopped
salt & freshly ground black pepper

Slice mushrooms and chop onions.

Heat butter in a frying pan over medium heat. Cook onion and mushrooms until soft; drain any juices from the mushroom onion mixture and allow to cool.

In a food processor, mix mushroom onion mixture with remaining ingredients until nice and smooth.

Pour into serving bowl and refrigerate for 2 or more hours before serving.

Serve with Melba toasts or crackers.



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Mushroom & Brie mini bunny chows

Serves 6 as a pre-dinner snack

12 mini loaves of any kind (***I used big buns***)
12 fresh basil leaves
12 thick slices Brie, sliced the same length as the mini loaves/buns
150g fresh wild mushrooms, washed and roughly chopped (***I used a mixture of mushrooms***)
40ml butter
20ml fresh thyme
20ml port (optional)
salt and freshly ground black pepper, to taste

Preheat the oven to 180°C.

Cut off the tops of the mini loaves/buns.

Line each pocket of the loaf/bun with some basil and a slice of Brie.

Heat a frying pan and melt the butter. Add the mushrooms and sauté until tender.

Add the port and continue to sauté until the port has been absorbed. Season.

Fill the loaves/buns with the mushroom mixture and arrange the mini bunny chows on a baking sheet.



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Mushroom pizza grill burger

Frozen Basic Cheese & Tomato pizza bases (***I used mini ones***)

Butter

125 g Mushrooms, sliced

¼ tin Ratatouille (or ¼ can tomato relish)

Chilli relish (optional)

2 tsp sour cream

Grated cheddar cheese

Olive oil

Fry the mushrooms in the butter till golden brown. Add the Ratatouille, chilli relish and stir till heated through. Stir in the sour cream and cheddar cheese.

Place 1 pizza base on braai grid (a closed one), add the mushroom mixture on top, place another pizza base on top – to form a 'burger'. Close the braai grid.

Brush olive oil on the outside of the pizzas and grill till crispy.

Cut into slices and serve as a snack.



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Puff mushroom roll

1 x roll puff pastry, defrosted
125 g mushrooms, sliced
Butter
¼ tin Ratatouille / tomato relish
Salt, pepper
½ cup grated Cheddar Cheese
1 egg yolk, beaten with
1 tsp water

Fry the mushrooms in the butter till golden brown. Add the Ratatouille/tomato relish and season to taste. Add the cheese, stir and remove from stove. Let it cool a bit.

Roll out pastry in a rectangle, don't roll too much. Spoon the mushroom mixture on top. Roll up the pastry from the long side to form a sausage shape. Slice carefully, put the slices on a baking sheet and brush the tops with the egg-water mixture.

Bake at 180 oC till puffed up and golden brown.

Serve as a main course with a lovely salad or fresh vegetables. Or as a side dish with a braai, or meat/fish/chicken main course or as a starter with fresh rocket/lettuce leaves.



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Mushroom and marrow quiche

4 baby marrows, washed and sliced
About 10 Portabella mushrooms, wiped, sliced (*or other mushrooms*)
½ - 1 cup Cheddar Cheese, grated
Butter/oil
3 eggs
½ cup milk
Salt, pepper
2 strips of bacon, cubed (optional)

Preheat the oven to 180 oC.

Fry the mushrooms, bacon and baby marrows. Season to taste.

Remove from stove. Beat the eggs and milk together. Mix the mushroom mixture, egg mixture and cheese all together.

Pour into a muffin pan and bake for about 22 min, till quiches are set in the centre. It's perfect for individual portions.

Or pour into an oven dish and bake till set.

Serve as a main with a lovely salad and fresh bread or as a starter or a side dish to meat/fish/chicken main dish.



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Mushroom Burger

Big brown mushrooms – 2 per person, stems removed*

Brie cheese, slices (or any other cheese)

Fresh rocket leaves

Bacon slices (optional)

Tomato relish (or any other sauce)

Lightly fry the brown mushrooms on both sides. Fry the bacon slices.

Place 1 mushroom on plate ('stem side' up), add the bacon, brie, sauce and rocket leaves.

Top with another mushroom and serve immediately.

Serve as a main with chips, potato wedges or fresh bread. Serve as a side dish to meat/chicken/fish dishes.

**What to do with the mushroom stems? Slice and use in omelettes or add to a tin of heated up mushroom soup.*



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Mushroom Bobotie

200 g each button, Portabella and brown mushrooms, finely chopped
1 onion, finely chopped
2 cloves garlic, crushed
1 chilli, chopped
50 g peanuts, chopped
2 sprigs coriander, chopped
125 ml fresh cream
65 ml beef stock
3 eggs
salt and pepper to taste

Melt butter and sauté onions, garlic, mushrooms and chilli lightly.

Add peanuts and coriander sprigs. Pour in cream and beef stock, simmer for 15 minutes.

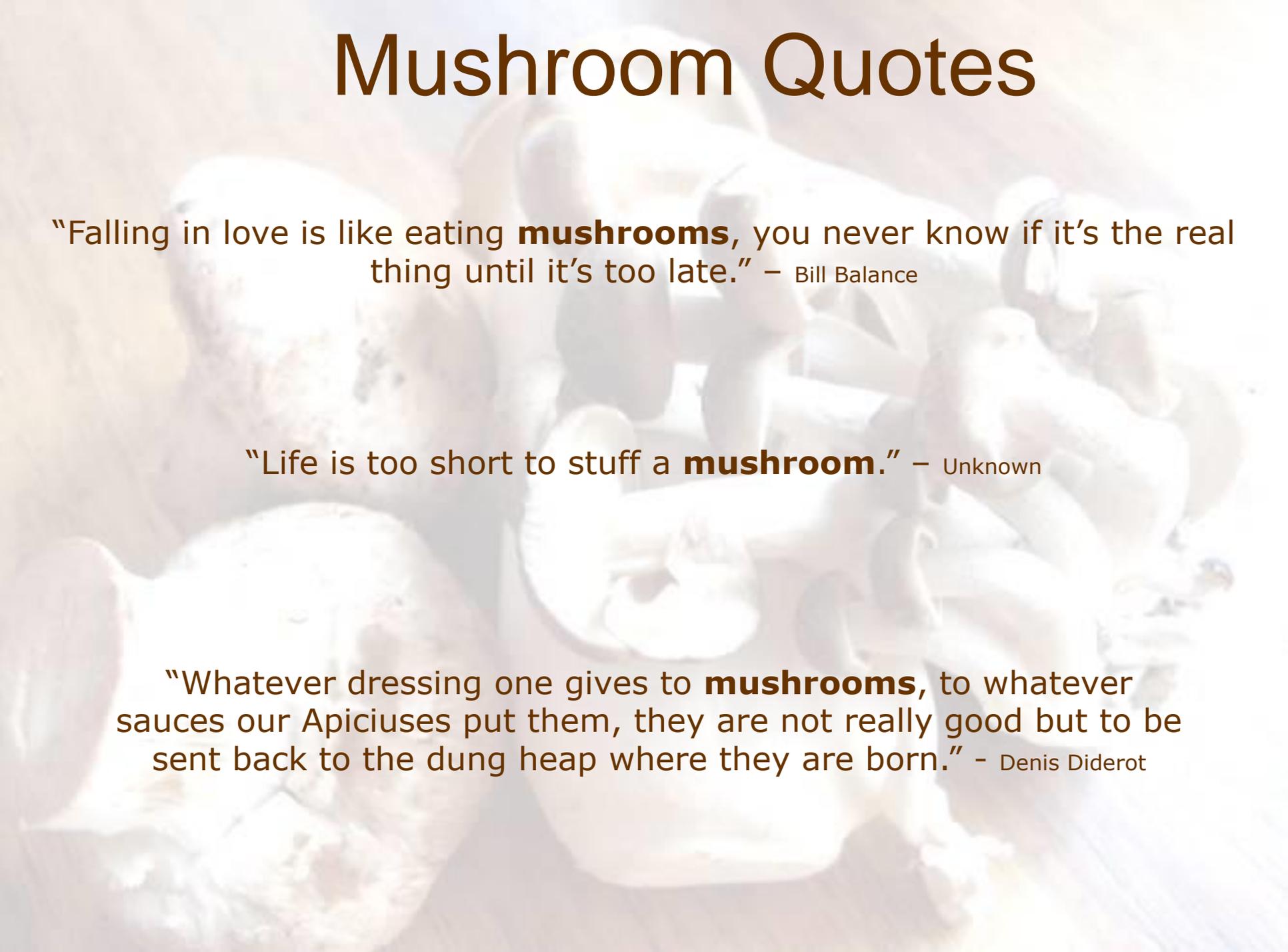
Pour mixture into a shallow baking tray.

Whisk eggs and pour over mixture.

Cook in oven at 180 °C until eggs are set.

Serve with a lovely salad and fresh bread. Or serve with rice and a salad.

Mushroom Quotes



“Falling in love is like eating **mushrooms**, you never know if it’s the real thing until it’s too late.” – Bill Balance

“Life is too short to stuff a **mushroom.**” – Unknown

“Whatever dressing one gives to **mushrooms**, to whatever sauces our Apiciuses put them, they are not really good but to be sent back to the dung heap where they are born.” – Denis Diderot