Mushrooms: 10 Ways

1. **PORTOBELLO SATAY WITH THAI PEANUT (ALMOND) SAUCE**

   - 4 Portobello mushroom caps
   - 1/2 cup peanut or almond butter
   - 2 tablespoons rice vinegar
   - 1 tablespoon reduced-sodium tamari
   - 1 tablespoon peeled and chopped fresh ginger
   - 3 pitted dates, chopped
   - 2 cloves garlic, chopped
   - 1/2 small Serrano pepper, seeded and chopped (optional)
   - Chopped cilantro, for garnish
   - Lime wedges, for serving

   Gently scrape out gills of mushrooms with a spoon. Slice caps into 4 strips each and place them in a large bowl. Combine peanut (almond) butter, vinegar, tamari, ginger, dates, garlic, serrano pepper and 1/3 cup water in a blender. Purée the mixture, adding more water a tablespoon at a time if necessary for it to blend smoothly. Reserve 1/3 cup of the sauce for serving and pour the remainder over the mushrooms. Toss and allow to sit at room temperature 1 hour for the mushrooms to soften.

   Prepare a grill for medium-heat cooking or heat a grill pan. Thread mushrooms onto skewers. (If using wooden skewers, remember to soak them first.) Grill mushrooms, turning frequently, until tender and browned, about 8 minutes. Transfer to a platter and pour reserved peanut sauce over mushrooms. Sprinkle with cilantro and serve with lime wedges.

2. **MUSHROOM, CHARD AND CARAMELIZED ONION TACOS**

   - 2 medium yellow onions, thinly sliced
   - 1 teaspoon reduced-sodium tamari
   - 8 ounces sliced button or cremini mushrooms
   - 1 bunch chard, stems and leaves thinly sliced, reserved separately
   - 1 (15 ounce) can no-salt-added pinto beans, rinsed and drained
   - 1 large tomato or red bell pepper, chopped
   - 8 corn tortillas, warmed

   Heat 1/2 cup water to a simmer in a high-sided skillet over medium-high heat. Add onions and cook about 8 minutes or until beginning to soften and brown, stirring occasionally. Add tamari, mushrooms and chard stems and reduce heat to medium. Cover and continue to cook about 15 minutes or until onions are soft and browned and mushrooms are tender, stirring frequently. Add 1 or 2 more tablespoons water if onions begin to stick. Stir in chard leaves and beans, cover and cook 5 minutes or until leaves wilt. Serve in tortillas topped with tomatoes or red bell pepper.
3. MUSHROOM CEVICHE

1/2 pound shiitake mushrooms, stems discarded, cleaned and very thinly sliced
1/2 pound white button mushrooms, cleaned and very thinly sliced
1/2 teaspoon sherry vinegar
Juice of 1 lemon
1 zucchini, very thinly sliced
1 avocado, diced
2 tablespoons snipped chives
Sea salt, to taste
Ground pepper, to taste

Add shiitake and button mushrooms to a large non-stick skillet and water sauté. Cook just until lightly browned. Season lightly with salt and pepper. Do this in batches if pan is not big enough so as not to overcrowd the pan. When all mushrooms have been cooked, return them to the pan and sprinkle sherry vinegar. Cook for another minute or two, remove from pan and let cool for a few minutes. Place in refrigerator until ready to serve.

Arrange mushrooms and zucchini slices on a large serving plate or six individual plates. Season lightly with salt and pepper and lemon juice. Make another layer of mushrooms and zucchini. Repeat seasoning with salt, pepper, and lemon juice. Sprinkle with avocado and chopped chives and serve immediately.

4. MUSHROOM "ALFREDO"

8 ounces spelt rotini or other medium pasta shape
1/2 pound mixed mushrooms, trimmed and sliced
3/4 teaspoon fine sea salt, divided (or less)
4 cloves garlic, minced
7 tablespoons sliced almonds, divided
2/3 cup plain unsweetened almondmilk
2 tablespoons nutritional yeast
1/2 teaspoon freshly ground black pepper
2 tablespoons chopped fresh parsley

Cook pasta according to package directions until al dente. Meanwhile, gently water sauté mushrooms, sprinkle with 1/2 teaspoon salt and cook, stirring frequently until browned, about 5 minutes. Stir in garlic and cook 2 more minutes.

Toast 3 tablespoons of almonds in a small skillet set over medium heat, shaking the pan frequently, until just browned, 3 to 4 minutes. Set aside. In a blender, combine remaining 4 tablespoons untoasted almonds, almondmilk and nutritional yeast; blend until very smooth, about 1 minute.

Drain pasta and add to the skillet along with the almondmilk mixture, pepper and remaining 1/4 teaspoon salt. Toss until combined and serve sprinkled with parsley and toasted almonds.
5. **STUFFED MUSHROOM CAPS**

6 medium portobello or about 20 smaller crimini/baby bella mushrooms.
1/4 cup balsamic vinegar (optional)
1 bell pepper (you’ll use half in the mix and the other half chopped fine as a garnish)
1 1/2 cups raw spinach
1/2 c. walnuts
2 cloves garlic
1/2 of a small onion
1/2 tsp salt

1. Preheat oven to 400 degrees. In a food processor or blender, combine all ingredients except mushrooms and balsamic vinegar and blend until smooth. Wash mushrooms, carefully remove stems to create a pocket for the filling, and brush with balsamic vinegar. Evenly divide filling amongst mushrooms.

2. Place stuffed mushrooms on a cookie sheet and bake for 10-15 minutes, until mushrooms have softened and released their moisture. Remove from oven, carefully use tongs or a spatula to transfer mushrooms to serving dish, and top with chopped bell pepper.


6. **MAITAKE MUSHROOM HOT POT**

Ingredients
- 4 cups water, including reserved maitake soaking water
- 2 cups Eden Maitake Mushrooms, 1 package, soaked 20 minutes in 2 cups warm water, reserve soaking water
- 1 cup green onions, sliced into 2 inch lengths
- 1 pound organic tofu, rinsed and cubed
- 2 cups Chinese cabbage, chopped or spinach
- 1/2 cup carrots, julienned
- 1 Tbsp Eden Shoyu Soy Sauce, or to taste or wheat free Eden Organic Tamari Soy Sauce

Directions
Place the water, including the maitake soaking water in a soup pot. Chop the maitake, add to the pot, cover and simmer over medium low heat for 5 minutes. Reduce flame to low, add shoyu or tamari and tofu. Simmer 3 to 4 minutes. Add green onions, carrots and Chinese cabbage or spinach. Simmer 1 minute. Serve as is for a light soup or as a broth over any Eden Soba, Udon, Kuzu Pasta, rice pasta or mung bean pasta. For a spicier version, add 1 Tablespoon of freshly squeezed ginger juice or add 1/4 teaspoon of cayenne to the soup just before serving. Garnish each bowl with Eden Shake, Bonito Flakes and Eden Nori.

NOTE: For a Gluten Free recipe substitute Eden Organic Tamari Soy Sauce or a bit of Eden Sea Salt to taste in place of Eden Shoyu Soy Sauce.
7. MUSHROOM TIKKA MASALA RECIPE

Ingredients:

For the sauce
3/4 teaspoon cumin seeds  
1 large onion, minced  
2 teaspoons ginger-garlic paste  
3 medium sized ripe tomatoes, pureed  
1/2 teaspoon coriander powder  
1/2 teaspoon cumin powder  
1/4 teaspoon turmeric powder  
1/4 teaspoon chili powder or according to taste  
2 tablespoons dry kasoori methi  
2 tablespoons lite coconut milk, optional  
Salt

For the vegetables
9oz fresh white button mushrooms (about 15 mushrooms)  
1 large green or red bell pepper, cubed  
1/4 teaspoon turmeric  
1/4 teaspoon chili powder, or to taste  
1/4 cup whole Greek yogurt or strained yogurt (optional)

Method:
Heat pan over medium heat, and add the cumin seeds. Use water or low-sodium vegetable broth to prevent sticking. When they begin to sizzle add the onion. Cook on medium heat till onion is brown. Then add the ginger garlic paste and stir for about 45 seconds. Pour in the tomato puree and sprinkle the coriander, cumin, turmeric and chili powders. Bring to a boil. Then reduce heat to a simmer, and let the gravy cook for about 12 minutes or till it thickens. (Canned tomato puree will cook in lesser time). If the sauce gets too thick add 1/2 cup water whenever needed.

While the sauce is cooking, work on the mushrooms. Wipe the mushrooms clean with a paper towel. If the mushrooms are large, cut them in half, if not leave them whole. Mix together the mushrooms, pepper, turmeric, chili powder, and yogurt (if using) and set side.

Heat a large skillet, add the mushrooms and peppers. Use water or low-sodium vegetable broth to prevent sticking. Make sure you don’t crowd the pan; do this in batches if needed. Cook the mushrooms and peppers on medium heat, till they start to brown a little. Don’t move the mushrooms around too much, they wont brown.

When the tomato sauce is done, add the sautéed mushrooms and bell peppers to it. Also add kasoori methi. Cook on medium heat for about 3 minutes or till the peppers are cooked. Turn off heat and stir in coconut milk if using. Garnish with chopped cilantro.

Recipe from: http://rasamalaysia.com/mushroom-tikka-masala/2/
8. MUSHROOM & ASPARAGUS RISOTTO

Prep Time: 15 minutes  
Cook Time: 45 minutes  
Total Time: 1 hour  
Yield: 2-4 Servings

Vegan, Gluten Free, Soy Free, Low Fat, Refined Sugar Free

Ingredients:
- 1 onion, diced
- 4-6 cloves garlic, minced
- 1 bunch of asparagus, woody stalks removed and chopped into 1-2 inch pieces
- 8 oz. mushrooms (about 15 or so if you use crimini), roughly chopped
- 1 tsp dried thyme
- 1/2 - 1 tsp salt (to taste)
- 1/2 cup white wine (optional)
- 1 cup Arborio rice, uncooked
- 3 cups vegetable broth
- 2 cups spinach, chopped
- 2 tsp nutritional yeast (optional)
- 1/4 tsp onion powder (optional)
- 1/2 - 2 tsp lemon juice

Directions:
Heat a large pot over medium heat. Add onion, garlic, and asparagus and heat, stirring occasionally, until softened (about 5-7 minutes). Add mushrooms, thyme, salt, and white wine, and heat until mushrooms are softened, another 3-5 minutes or so. Add rice and stir until rice is well coated and starts to make small snapping noises (like Rice Krispies). Add vegetable broth 1/2 - 3/4 cup at a time, stirring well, and allowing the rice to soak up all the liquid before adding more - this takes about 3-5 minutes or so each time.
Once you've added almost all the broth, add the spinach, nutritional yeast, onion powder, lemon juice and the rest of the broth and stir until the spinach is wilted - 2-3 minutes. Taste, and add more salt, pepper, or lemon juice if needed. Serve immediately.

HALIBUT AND SHIMEJI BAKED IN PARCHMENT

Total time: 40 minutes  
Servings: 6 to 8

1/2 pound brown or white shimeji mushrooms, tough base removed (leave stems on), and broken into sections  
Salt  
2 teaspoons minced shallots  
1 teaspoon minced tarragon  
1/4 cup white wine  
Freshly ground black pepper  
2 (1-pound) halibut steaks

1. Heat the oven to 400 degrees. Cut 2 (15-inch-square) pieces of parchment paper or aluminum foil.

2. Heat a large nonstick skillet. Add the mushrooms, three-fourths teaspoon salt and cook, tossing frequently, until the mushrooms start to soften, 2 to 3 minutes. They'll begin to sizzle and shine as they release their moisture. Use water or low-sodium vegetable broth to cook/ prevent sticking.

3. Add the shallots, tarragon and white wine, reduce the heat to medium and cook until the wine evaporates, about 2 minutes. The mushrooms should be tender and lightly browned in places. Season with just a dash of black pepper.

4. Lightly season each halibut steak with a dash of salt and a few grinds of pepper. Place a steak in the center of each piece of parchment paper and spoon the mushrooms evenly over the steaks. Crinkle together the edges of the parchment paper to make an airtight packet, with some room left for the packet to expand. Place the packets on a baking sheet. (The recipe can be made to this point several hours in advance and refrigerated until ready to cook.)

5. Bake the packets until they puff slightly, 25 to 30 minutes (you may need to unwrap the packets a little to make sure the halibut is firm and opaque). Remove from the oven and place the packets, still sealed, on a platter. To serve, open the packets and divide the halibut and mushrooms onto plates.

Adapted from: http://www.latimes.com/features/la-fo-calcookrec1a-2008oct01,0,4929051.story
10. PORTOBELLO STEAKS

- 2 whole portobello mushrooms
- ½ whole small onion, diced
- 1 whole garlic cloves, minced
- 1 cup mock beef broth
- 3 tbsp balsamic vinegar
- 1 tbsp mirin or sherry
- 1 tsp thyme
- 1 tsp chives (optional)
- ½ tsp basil

Line a large frying pan with a thin layer of broth. Remove stems from mushroom and set aside. Add onion and garlic and cook for 2 minutes over high heat. Add remaining ingredients, except for the mushrooms, and turn to medium. Add mushrooms, cover and cook for five minutes. Gently flip mushrooms over and cook for 5 minutes more, adding more broth as needed to prevent sticking or burning. Plate mushrooms and spoon leftover juices on top.

Chef’s Note: Water may be substituted for the broth.

http://happyherbivore.com/recipe/balsamic-portobello/