



MAXIMIZE YOUR MEALS
WITH MUSHROOMS
Sponsored by
The Mushroom Council

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BASIC MUSHROOM MEAT BLEND **(50% MUSHROOM/50% GROUND MEAT)**

Yield: about 2 pounds, eight 4-ounce portions

Ingredients	Amounts
Vegetable oil	3 Tbsp.
Mushrooms, chopped	1 lb.
Beef, pork, turkey, or chicken, ground	1 lb.
Kosher salt	1 Tbsp.

Method

1. Place a 12 inch frying pan over medium heat, add oil, once the oil is warm add the mushrooms and stir to coat then add half of the salt to the mushrooms and cook stirring occasionally until most of the moisture has evaporated for 8 to 10 minutes.
2. Add the ground meat, and remaining salt. Stir well to break up the meat and sauté until the meat is cooked through, about another 10 minutes. Add water as needed if mixture is dry.
3. Use in recipes as a flavor base.

MUSHROOM CHIPOTLE CHILI

Yield: Six 8-ounce portions

Ingredients	Amounts
Vegetable oil	3 Tbsp.
Yellow onion, diced	2 cups
Poblano green chilies, seeded, diced	2 ea.
Jalapeños, seeded, minced	2 Tbsp.
Garlic, minced	1 Tbsp.
Mushrooms, minced, sautéed	2 lb.
Beef, cubed	2 lb.
Chili powder	1/3 cup
Chipotle chilies in adobo, minced	1 Tbsp.
Ground cumin	2 Tbsp.
Oregano, dried	2 Tbsp.
Tomato, crushed, with liquid, 16 oz. can	1 ea.
Lager beer, 12 oz. bottle	1 ea.
Black beans, canned	1 cup
Kosher salt	to taste
Black pepper, freshly ground	to taste

Method

1. Mince 2 pounds of mushrooms and sauté until golden brown. Set aside.
2. Heat the oil in a pan over medium to high heat.
3. Add the onions and sauté until translucent. Add the Poblano chilies to the pan and cook over medium heat for about 5 minutes.
4. Add the jalapenos and garlic, stirring from time to time, until the mixture is tender, about 12 to 15 minutes.
5. Add the sautéed mushrooms and meat, and brown.
6. Add the chili powder, chipotle, cumin, and oregano, and stir well to mix.
7. Add the tomatoes and beer to the pot and bring to a slow simmer. Cover the pot and cook over very low heat or in a 325 degree oven for 1 hour. Check the chili periodically, stirring as needed.
8. Add black beans and mix well.
9. Taste for seasoning and adjust as needed with more chili powder, salt, and pepper.
10. The chili should be very flavorful and the liquid should be greatly reduced and thickened. Serve the chili.

SPICY MOROCCAN MUSHROOM MEATBALLS WITH HARRISA AÏOLI

Yield: 4 to 6 appetizer-size portions

Ingredients	Amounts
<i>Meatballs</i>	
Button mushrooms, finely minced, sautéed, cooled	1 lb.
Lamb, ground	1 lb.
Bread crumbs	½ cup
Harissa paste	2 tsp.
Coriander, ground	1 tsp.
Cumin, ground	1 tsp.
Kosher salt	1 tsp.
Lemon zest	2 tsp.
Freshly ground black pepper	½ tsp.
Red pepper flakes	a pinch
Egg, large	1 ea.
Olive oil or vegetables oil, for frying	1 cup
<i>Dipping sauce</i>	
Mayonnaise	1 cup
Garlic	1 Tbsp.
Harissa paste	1 Tbsp.
Lemon juice	1 tsp.

Method

1. Place the mushrooms and meat mixture in a large mixing bowl. Add the bread crumbs, seasoning and egg. Mix gently to combine. Check to make sure the mixture will hold together. Take about ¼ cup of the mixture, and shape it into a patty a little wider than it is thick. If it falls apart, add a tablespoon or two more of the bread crumbs. Shape the mixture into balls about the size of a walnut, and put them on a plate. Chill them at least for 30 minutes before frying.
2. When the meatballs are chilled, pour enough oil in a heavy frying pan to come to a depth of about ½ an inch. Heat the oil on low heat, until the surface begins to ripple and look hazy. The temperature of the oil should be 350°F.
3. Add the meatballs to the hot oil, leaving room around them so that they brown evenly. Cook on one side until golden brown, about 2 minutes. Turn them over and cook on the second side about 2 to 3 more minutes until golden brown.
4. When finished, remove from the oil with a slotted spoon and drain on paper towels. Place the meatballs on a baking sheet and place into a 475°F pre-heated oven for about 10 minutes.
5. In a mixing bowl, mix together all of the dipping sauce ingredients. Stir well.
6. Serve the meatballs with the dipping sauce.

MAXIMIZE YOUR MEALS WITH MUSHROOMS

MUSHROOM MEATLOAF WITH MUSHROOM GRAVY

Yield: 1 loaf serves 8 portions

Ingredients	Amounts
<i>Meatloaf</i>	
Mushroom, button, finely chopped	1 lb.
Turkey, ground	1 lb.
Bread crumbs, fresh	1 cup
Whole milk	½ cup
Eggs	2 ea.
Kosher salt	2 tsp.
Black pepper	½ tsp.
Thyme, fresh, minced	1 tsp.
Italian parsley, fresh, minced	1 Tbsp.
Garlic, fresh, finely minced	1 Tbsp.
Onion powder	1 Tsp.
Worcestershire sauce	1 Tbsp.
<i>Mushroom sauce</i>	
Milk	¼ cup
Corn starch	3 Tbsp.
Unsalted butter	3 Tbsp.
Crimini mushrooms, sliced	1 ½ lb.
Onion, diced	1/3 cup
Beef stock	½ cup
Worcestershire sauce	2 tsp.

Method

1. To prepare the meatloaf: Preheat oven to 350° F.
2. In a large bowl, add the ground meat, mushrooms, bread crumbs, milk, eggs, and seasoning. Mix until well combined.
3. Place mixture into 7 x 5-inch greased loaf baking pan or shape into a free form loaf and place on a parchment lined sheet pan. Place in pre-heated oven and bake for one hour to one hour and fifteen minutes, or until firm or until it reaches an internal temperature of 155°F.
4. To prepare the mushroom sauce: In a small bowl, combine milk and cornstarch; set aside.
5. In a large skillet, melt butter over high heat. Add the mushrooms and onions; cook and stir over moderate heat until the mushrooms are golden, about 10 minutes.
6. Add the corn starch and milk slurry, and mix well with the mushrooms and onions, cook for 5 minutes.
7. Stir in beef broth and bring to a simmer and add Worcestershire sauce.

8. Cook over high heat, stirring constantly, until slightly thickened, about 1 minute.
9. Taste for seasoning and adjust to taste with salt and pepper.
10. To serve: Slice the meatloaf and top with mushroom sauce.

MUSHROOM BOLOGNESE

Yield: 6 Portions

Ingredients	Amounts
Olive oil	3 Tbsp.
Mushrooms, minced	2 lb.
Yellow onion, medium, chopped	1 cup
Carrots, diced	2/3 cup
Celery, diced	2/3 cup
White wine, dry	1/2 cup
Tomato paste	1/4 cup
Mushroom stock	1 cup
Parmesan cheese rind, 3" piece	1 ea.
Garlic clove, minced	1 tsp.
Basil sprigs	2 ea.
Bay leaf	1 ea.
Potato, grated	1 Tbsp.
Cream	1 cup
Nutmeg	1/8 tsp.
Pepper	to taste
Kosher salt	to taste
Pasta	1 lb.
Parsley, chopped	to garnish
Parmesan cheese, grated	to garnish

Method

1. In a large pot, add the olive oil and heat on medium. Add the minced mushrooms and sauté until golden, about 5 minutes. Add onions, carrots and celery, and continue to sauté on medium heat until the vegetables are soft, about 5 - 6 more minutes.
2. Add the wine. Stir to release any of the drippings that are sticking to the bottom of the pan. Allow the mixture to cook for 5 more minutes, or until the wine is mostly evaporated.
3. Add the tomato paste and stir well. Sautee until the tomato paste has turned a brackish red. Deglaze the pan with the mushroom stock, and add the parmesan cheese rind. Add the herbs, and grated potato. Add the cream and stir well.
4. Add salt, pepper, nutmeg and taste to test seasoning.
5. Partially cover the pot and continue to simmer, stirring occasionally. Add a bit of water or more mushroom stock if the sauce seems too thick as it cooks. The sauce is ready to add to your cooked pasta now, or will store in the fridge for up to 4 days.
6. Bring a large pot of salted water to a rolling boil. Add the pasta at once and follow package directions until pasta is cooked.

7. Drain the pasta in a colander when finished. Shake well and remove any extra water clinging to the pasta. Pour the pasta in a large serving bowl. Add the sauce and toss together until the pasta is evenly coated.
8. Top with parmesan cheese and parsley and serve immediately.

MUSHROOM AND GROUND TURKEY TACOS WITH SALSA & COTIJA CHEESE

Yield: 12 tacos, for 6 portions of 2 tacos per person

Ingredients	Amounts
<i>Taco filling</i>	
Vegetable oil	2 Tbsp.
Onions, diced	1 cup
Garlic, minced	½ Tbsp.
Chile powder	1 Tbsp.
Mushroom and ground turkey mixture	1 lb.
Water	1 Tbsp.
<i>Cabbage slaw</i>	
Green cabbage, finely shredded	1 cup
Lime juice	2 Tbsp.
Cilantro, chopped	1 Tbsp.
Salt	1 tsp.
Ground black pepper,	to taste
Avocado, cut into 12 slices	1 ea.
Lime juice	to taste
Salt	to taste
Corn tortilla taco shells, fresh, warmed	12 ea.
Cotija cheese (or Monterey jack cheese), grated	6 oz.
Cilantro sprigs, for garnish	12 ea.
Salsa, of your choice	½ cup

Method

1. Heat a 10-inch sauté pan over medium-high heat. Add the oil to the pan, then the onions and season with a pinch of salt. Sauté the onions over medium heat until golden brown. Add the garlic and cook until fragrant. Add chili powder and stir well.
2. Stir in the mushroom-ground turkey mixture. Sauté 2 to 3 minutes until the flavors meld and warm through. Add a tablespoon of water if the mixture needs more moisture. Keep warm.
3. In a small bowl, mix together the shredded cabbage, lime juice, cilantro, salt, and pepper. Set aside, and allow to rest for 30 minutes.
4. Mash the avocado with a fork, and season with salt and lime juice.

5. *To assemble:* Place 1 tablespoon of mashed avocado at the bottom of the taco, and add the mushroom meat mixture, and shredded cabbage. Top with Cotija cheese and a sprig of cilantro, and service with a side of your favorite salsa.

SZECHUAN MUSHROOM STIR-FRY WITH CUMIN, GARLIC, AND CHILES, SERVED WITH STEAMED RICE

Yield: 8 portions

Ingredients	Amounts
Oyster sauce	2 Tbsp.
Soy sauce	1 tsp.
Dark mushroom soy sauce	½ tsp.
Water	2 Tbsp.
Portabella mushrooms, thinly sliced, gills removed	½ lb.
Ground cumin	1½ tsp.
Ground black pepper	½ tsp.
Green beans	1 cup
Garlic, minced	2 Tbsp.
Ginger, minced	1 Tbsp.
Chile	2 ea.
Peanut oil	¼ cup
Scallion, green part, cut 1" long	½ cup

Method

1. In a small bowl, add together the oyster sauce, soy sauce, mushroom soy, and water. Stir well and set aside.
2. Placed the sliced portabella mushrooms in a large bowl and coat with the cumin and black pepper, mixing well.
3. Cut the green beans into 2-inch sections. Blanch in boiling water for 2 minutes; drain, shock in iced water, and reserve.
4. Gather all of the ingredients in small bowls, and stack, top to bottom, in the following sequence: oil; mushrooms, ginger, garlic, and chiles together; scallion; green beans; and sauce mixture.
5. Heat a wok until very hot and add the peanut oil, swirling to coat the interior of surface of the wok.
6. When the oil begins to smoke, immediately toss in the mushroom slices, stirring to distribute them across the bottom of the wok. As soon as the mushrooms start to brown, stir and toss to redistribute, then stop and allow to cook 30 seconds longer.
7. Push the mushroom up the wall of the wok and add the entire bowl of ginger, garlic, and whole chiles. Add oil if the bottom of the wok is dry. Fry for 5 to 10 seconds, then toss together with the beef.
8. Add the scallions and fry another 10 seconds, stirring to combine.
9. Add the green beans and toss to combine.

10. Add the sauce mixture all at once and remove the wok from the heat. Toss and stir all of the ingredients to combine. Return the wok to the heat to reduce the sauce if it does not form a slightly thickened glaze. Plate and serve with steamed rice.

STEAMED RICE

Yield: 8 portions

Ingredients	Amounts
Jasmine rice	4 cups
Water	5 cups

Method

1. Place the rice grains in a large bowl and run cool water to rinse off the excess starch. Drain the water and place the washed rice in a pot with a lid.
2. Add 5 cups of water and turn the heat to high. When the water comes to a simmer, reduce the heat and cover with the lid. Allow the rice to cook for 15 minutes.
3. Turn the heat off and allow the pot to stand for an additional five minutes to help steam the rice. Fluff with fork and serve.

These materials were developed at the Culinary Institute of America.

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