

Chef

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mushroom surprises





mushroom surprises

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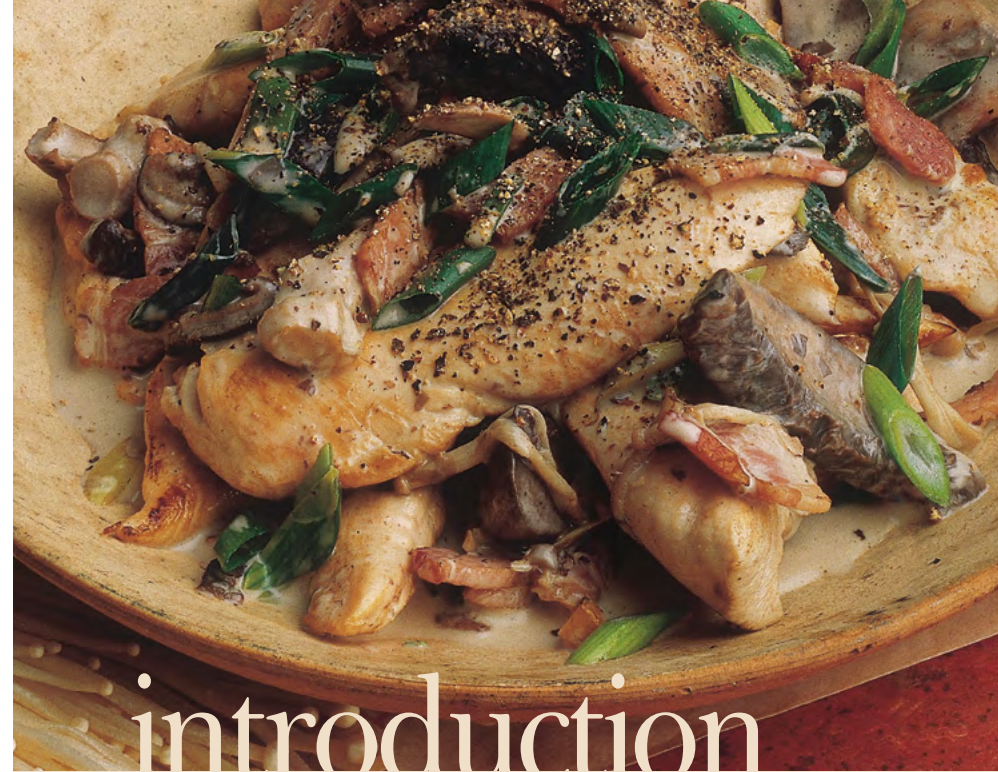
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Surprise others and surprise yourself with the variety of recipes this book offers for you to include mushrooms in your menu. Whether it is a special occasion or a daily meal, these curious gifts from Nature will make you stand out as a creative chef and our suggestions will give you the necessary hints to get the most out of them.



mushroom surprises



The distinctive flavor of mushrooms adds a delicious touch to a great number of dishes and they are used in most countries throughout the world where they are available fresh all the year round.

Mushrooms belong to the fungi family. The French were first to cultivate them commercially. The most common cultivated mushrooms are field and button varieties (*Psalliota* species {syn. *Agaricus* species}), but the delicate pale oyster and golden brown shiitake mushrooms are becoming more widely available. Several of the European and Asian edible mushrooms are available in dried form.

Useful tips

- Mushrooms can be bought fresh, dried, frozen or bottled.
- When buying fresh mushrooms choose firm and intact specimens and discard the ones that are wrinkled, blemished or sticky.
- If not used immediately, store mushrooms in their original packaging or in a non-airtight container. They keep in the refrigerator for 5 days.

- Clean mushrooms at the last moment. If possible, avoid washing them and unless skin is tough and discolored, mushrooms need not be peeled. Cultivated mushrooms only need wiping with a damp cloth.
- Do not eat wild mushrooms unless you are absolutely sure that they are edible. Many species are toxic.

Nutritional facts

- With an energy value of 27 to 55 calories per 100 g/3 ½ oz., mushrooms are easy to digest and are known as a healthy food. Some species have been proved to lower cholesterol levels and help prevent the formation of gallstones.
- Although the composition of different mushrooms varies a lot, they all have a high proportion of water which may reach to 95%.
- Mushrooms supply vitamin C and some of the B group. As for minerals, they mostly provide potassium, phosphorus and sodium.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

cheesy mushroom slice

■ ■ □ | Cooking time: 70 minutes - Preparation time: 15 minutes

ingredients

- > 60 g/2 oz butter
- > 3 rashers bacon, chopped
- > 440 g/14 oz mushrooms, sliced
- > 4 spring onions, chopped
- > 1 small green pepper, chopped
- > 1 small red pepper, chopped
- > 6 thick slices white bread, crusts removed
- > 125 g/4 oz grated tasty cheese (mature Cheddar)
- > 6 eggs
- > 2 cups/500 ml/16 fl oz milk
- > 1 tablespoon mayonnaise
- > 1 teaspoon French mustard
- > 1 teaspoon Worcestershire sauce
- > 2 tablespoons chopped fresh parsley

method

1. Melt butter in a large frying pan, add bacon and cook for 4-5 minutes or until crisp. Stir in mushrooms, spring onions and green and red peppers and cook for 5 minutes longer or until mushrooms are soft.
2. Cut bread slices into 2.5 cm/1 in pieces (a). Place half the bread in the base of a lightly greased 18 x 28 cm/7 x 11 in ovenproof dish. Spoon mushroom mixture over (b) and top with remaining bread. Sprinkle with cheese.
3. Place eggs, milk, mayonnaise, mustard and Worcestershire sauce in a bowl and whisk to combine. Carefully pour egg mixture over bread mixture (c) and sprinkle with parsley. Bake at 180°C/350°F/Gas 4 for 50-60 minutes or until slice is firm.

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Serves 6

tip from the chef

This recipe is an ideal one to cook ahead. Prepare the whole dish, and refrigerate overnight. Bake when you are ready the next day. The flavor develops if you allow the slice to stand before cooking.



chicken

with mushrooms



■ □ □ | Cooking time: 35 minutes - Preparation time: 15 minutes

method

1. Season chicken with black pepper and brush with oil. Place chicken and garlic in a baking dish and bake at 180°C/350°F/Gas 4 for 20 minutes or until chicken is tender. Remove chicken from dish, set aside and keep warm.
2. Skim fat from juices in dish, add mushrooms and sage. Place dish over a medium heat and cook, stirring, for 5 minutes or until mushrooms are tender. Remove mushrooms from pan, set aside and keep warm.
3. Add wine, stock and cream to dish and bring to the boil. Reduce heat and simmer for 10 minutes or until sauce is reduced by one-third. Season to taste with black pepper. To serve, spoon sauce over chicken and accompany with mushrooms.

ingredients

- > 1 boneless chicken breast fillet
- > freshly ground black pepper
- > 1 tablespoon olive oil
- > 1 clove garlic
- > 100 g/3 ½ oz mixed fresh mushrooms
- > ½ tablespoon chopped fresh sage or 1 teaspoon dried sage
- > ¼ cup/60 ml/2 fl oz dry white wine
- > ¼ cup/60 ml/2 fl oz chicken stock
- > ¼ cup/60 ml/2 fl oz cream

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Serves 1

tip from the chef

If you can only get ordinary fresh mushrooms, add a few dried mushrooms for extra flavor. You will need to soak dried mushrooms in warm water for 20 minutes or until they are soft. Drain well, then slice or chop and add to the fresh mushrooms when cooking. Dried mushrooms have a strong flavor and you only need a few to add flavor.



backed ricotta mushrooms

■ □ □ | Cooking time: 15 minutes - Preparation time: 15 minutes

ingredients

- > 10 large mushroom, stems removed
- > 1 tablespoon grated Parmesan cheese
- > 1 tablespoon dried breadcrumbs (whole wheat bread or oat bread)

ricotta and herb filling

- > ½ cup reduced-fat ricotta cheese
- > 3 sun-dried tomatoes, soaked in warm water until soft, chopped
- > 1 tablespoon finely diced red onion
- > 1 tablespoon chopped fresh basil
- > 1 tablespoon snipped fresh chives
- > 1 teaspoon lemon juice
- > freshly ground black pepper

method

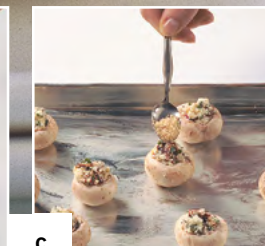
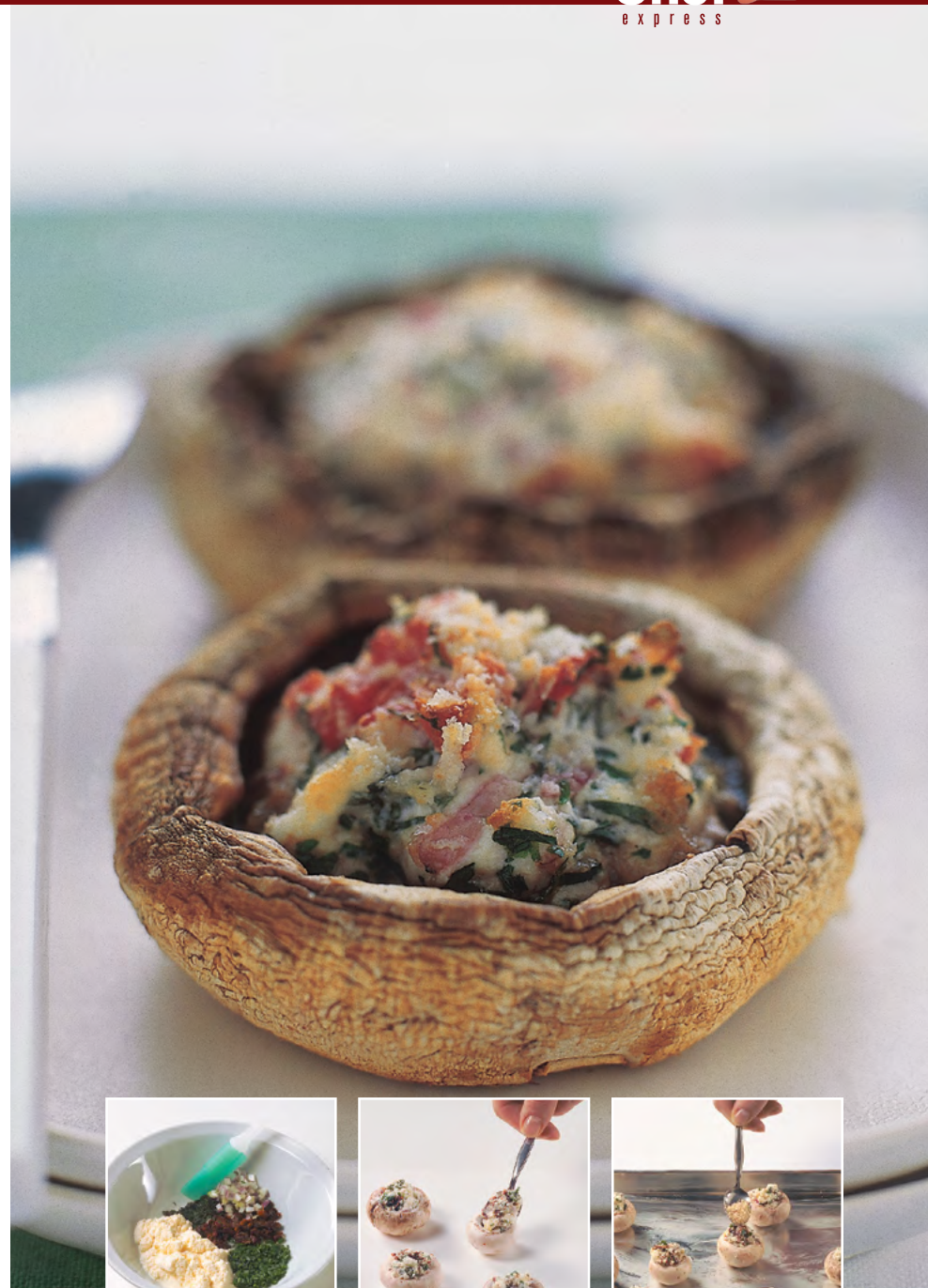
1. Preheat oven to 180°C/360°F/Gas 4. Line a baking tray with nonstick baking paper. Set aside.
2. To make filling, place ricotta cheese, tomatoes, onion, basil, chives, lemon juice and black pepper to taste in a bowl (a). Mix to combine.
3. Spoon filling into mushrooms (b). Place on prepared baking tray. Combine Parmesan cheese and breadcrumbs. Sprinkle over mushrooms (c). Bake for 10-15 minutes or until filling is set and top golden.

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Serves 10



tip from the chef

In order to lower the calories and the sodium content, another softer cheese (such as low-sodium mozzarella) can be used in place of the Parmesan cheese.



a

b

c



mixed mushroom risotto

■ ■ □ | Cooking time: 35 minutes - Preparation time: 30 minutes

method

1. In a pan, heat the butter, add the mushrooms, and cook for a few minutes. Remove from the heat and set aside.
2. Heat the oil in a large heavy-based saucepan, add the garlic and leek, and cook for 5-6 minutes until cooked. Meanwhile, place stock in a saucepan and simmer gently.
3. Add the rice and stir for 1 minute, coating the rice in oil. Add the white wine, and cook until liquid is absorbed. Start adding the stock a ladle at a time, stirring continuously until liquid has been absorbed. Continue adding stock a ladle at a time until stock is used and rice is cooked.
4. Stir in mushrooms, lemon rind, cheeses and parsley and serve immediately.

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Serves 6-8

ingredients

- > 2 tablespoons butter
- > 500 g/1 lb mixed mushrooms (oyster, shiitake, flat, enoki, Swiss), sliced
- > 40 ml/1½ fl oz olive oil
- > 2 cloves garlic, minced
- > 1 leek, finely sliced
- > 1 liter/1¾ pt chicken stock
- > 2 cups arborio rice
- > ½ cup/120 ml/4 fl oz white wine
- > rind of 1 lemon, finely grated
- > ½ cup/60 g/2 oz each pecorino and Parmesan cheese, grated
- > 2 tablespoons parsley, chopped

tip from the chef

For the perfect risotto, stock should be added little by little while cooking. Italian arborio rice, of rounded grain and very white, is the most suitable for this dish.



seared beef with mushrooms and garlic

■ □ □ | Cooking time: 25 minutes - Preparation time: 35 minutes

ingredients

- > 50 g/1 ¾ oz dried porcini mushrooms
- > 60 ml/2 fl oz olive oil
- > 1.2 kg/2 ½ lb rump or fillet steak, cut into 6 steaks
- > 1 brown onion, chopped
- > 2 cloves garlic, crushed
- > 350 g/12 oz shiitake/button mushrooms
- > 60 ml/2 fl oz red wine
- > 250 ml/9 fl oz brown stock
- > 2 tablespoons parsley, chopped
- > salt and pepper
- > parsley, chopped (extra)

method

1. Soak the porcini mushrooms in boiling water for 20 minutes. Drain and chop. Set aside.
2. Heat oil in a shallow pan and cook beef for a few minutes on each side. Remove from pan. Sauté the onion and the garlic for a few minutes, then add all of the mushrooms and cook over high heat until they are soft.
3. Add the wine and stock, bring to the boil, then simmer for 10 minutes. Remove from heat, add the parsley and season with salt and pepper.
4. Serve the beef with the mushrooms and sprinkle with extra chopped parsley.

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Serves 6

tip from the chef

Quick stir-fries, an Italian cuisine classic, go well with potatoes steamed and seasoned with olive oil.



mushroom filled with eggs

■ □ □ | Cooking time: 20 minutes - Preparation time: 25 minutes

method

1. Melt butter in a frying pan and cook mushrooms over a medium heat, skin side down, for 1 minute. Remove mushrooms from pan and place in a lightly greased ovenproof dish.
2. Add onion, red pepper and garlic to pan and cook, stirring, for 5 minutes or until soft. Divide onion mixture between mushrooms.
3. Using the back of a spoon, make a depression in the mixture to form a nest. Break an egg into each mushroom. Top each egg with 1 tablespoon cream and sprinkle with 1 tablespoon cheese.
4. Bake at 180°C/350°F/Gas 4 for 10-15 minutes or until egg whites are set and cheese is melted.

ingredients

- > 30 g/1 oz butter
- > 4 large mushrooms, stalks removed
- > 1 onion, finely chopped
- > ½ red pepper, finely chopped
- > 1 clove garlic, crushed
- > 4 small eggs
- > 4 tablespoons cream
- > 4 tablespoons grated Gruyère cheese

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Serves 4

tip from the chef

In case the egg is bad, always break it into a separate glass or container before adding to the main mixture.



mixed mushroom frittata

■ □ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

ingredients

- > 4 eggs, lightly beaten
- > ½ cup/125 ml/4 fl oz skim milk
- > 1 tablespoon Dijon mustard
- > 2 tablespoons chopped fresh dill
- > freshly ground black pepper
- > 1 tablespoon oil
- > 4 spring onions, chopped
- > 125 g/4 oz oyster mushrooms
- > 125 g/4 oz field mushrooms, sliced
- > 125 g/4 oz button mushrooms, sliced

method

1. Place eggs, milk, mustard, dill and black pepper to taste in a bowl and whisk to combine.
2. Heat oil in a frying pan over a medium heat, add spring onions and cook, stirring, for 2 minutes. Add oyster, field and button mushrooms and cook, stirring, for 3 minutes longer or until mushrooms are tender.
3. Pour egg mixture into pan and cook over a low heat for 5 minutes or until frittata is almost set.
4. Place pan under a preheated medium grill and cook for 3 minutes or until top is golden.

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Serves 4



tip from the chef

This frittata makes a great weekend breakfast or brunch. Serve cut into wedges.



egg and mushroom salad



■ □ □ | Cooking time: 0 minutes - Preparation time: 15 minutes

method

1. Wash lettuce leaves and tear into pieces.
2. Arrange lettuce, tomatoes, egg slices, mushrooms, chives and avocado in serving bowl.
3. Mix together garlic, vinegar and orange juice and pour over salad just before serving.

ingredients

- > 1 butter lettuce
- > 1 cup cherry tomatoes
- > 4 hard-boiled eggs, sliced
- > ½ cup sliced button mushrooms
- > 1 tablespoon chopped chives
- > 1 avocado, peeled, stoned and sliced
- > 1 clove garlic, crushed
- Serves 4 > 1 tablespoon tarragon vinegar
- > 2 tablespoons orange juice

tip from the chef

To avoid the avocado turning brown, cut it at the last moment. The knife should be wet with lemon juice.



chilli

noodle salad

■ □ □ | Cooking time: 0 minutes - Preparation time: 35 minutes

ingredients

- > 100 g/3 ½ oz rice vermicelli
- > 2 carrots, cut into matchsticks
- > 2 cucumbers, cut into matchsticks
- > 1 red pepper, cut into matchsticks
- > 3 spring onions, cut into thin strips
- > 125 g/4 oz button mushrooms, quartered
- > 30 g/1 oz bean sprouts
- > 1 bunch fresh coriander

chili and lime dressing

- > ¼ cup/45 g/1½ oz brown sugar
- > 1 clove garlic, crushed
- > 2 fresh red chillies, finely chopped
- > ½ cup/125 ml/4 fl oz lime juice
- > ¼ cup/60 ml/2 fl oz fish sauce

method

1. To make dressing, place sugar, garlic, chillies, lime juice and fish sauce in a bowl and whisk to combine.
2. Place vermicelli in a bowl, pour over boiling water to cover and soak for 10 minutes. Drain well and place in a serving bowl.
3. Add carrots, cucumbers, red pepper, spring onions, mushrooms, bean sprouts and coriander leaves. Pour over dressing and toss to combine. Cover and refrigerate for 2 hours before serving.

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Serves 4

tip from the chef

When trying to cool your mouth down after eating chili-flavored foods, do not drink water or beer. While this cools the tongue it spreads the burning chili oil around the rest of your mouth and so makes the whole experience even more fiery. A glass of milk, a cool yogurt sambal or dip, or neutral foods such as plain bread, rice, noodles or mashed potatoes are the most effective mouth coolers and neutralizers.





forest mushroom pasta

■ □ □ | Cooking time: 20 minutes - Preparation time: 10 minutes

method

1. Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.
2. To make sauce, melt butter in a saucepan over a medium heat. Stir in flour and cook, stirring, for 1 minute. Remove pan from heat and whisk in milk. Return pan to heat and cook, stirring, until sauce boils and thickens. Stir in nutmeg and season to taste with black pepper. Add sauce to pasta and mix to combine. Set aside and keep warm.
3. Heat oil in a frying pan over a medium heat. Add garlic and mushrooms and cook, stirring, for 4 minutes or until mushrooms are soft. To serve, top pasta with mushroom mixture.

ingredients

- > 375 g/12 oz pasta of your choice
- > 2 teaspoons vegetable oil
- > 1 clove garlic, crushed
- > 750 g/1½ lb mixed mushrooms

white sauce

- > 30 g/1 oz butter
- > 2 tablespoons flour
- > 2 cups/500 ml/16 fl oz milk
- > ½ teaspoon ground nutmeg
- > freshly ground black pepper

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Serves 4

tip from the chef

If you can only get ordinary mushrooms, add a few dried mushrooms for extra flavor. You will need to soak the dried mushrooms in boiling water for 20 minutes or until they are soft. Drain well, then slice or chop and add to the fresh mushrooms when cooking. Dried mushrooms have a strong flavor, so you only need to add a few.



mushroom chicken pizzas

■ □ □ | Cooking time: 20 minutes - Preparation time: 5 minutes

ingredients

- > 4 x 15 cm/6 in squares focaccia bread
- > ½ cup/125 ml/4 fl oz tomato pasta sauce
- > 90 g/3 oz chopped cooked chicken
- > 8 mushrooms, chopped
- > 1 green pepper, chopped
- > 4 spring onions, finely chopped
- > 4 pitted black olives, sliced
- > 60 g/2 oz Cheddar cheese, grated
- > 30 g/1 oz grated Parmesan cheese

method

1. Spread each square of focaccia with tomato sauce. Top with chicken, mushrooms, green pepper, spring onions and olives. Combine Cheddar and Parmesan cheeses and sprinkle over chicken and vegetables.
2. Place pizzas on nonstick baking trays and bake at 180°C/350°F/Gas 4 for 20 minutes or until cheese is melted and golden brown.

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Serves 4



tip from the chef

These pizzas are just as delicious cold as hot, so make extras and have them for lunch the next day.



mushroom

and pimento salad



■ □ □ | Cooking time: 0 minutes - Preparation time: 30 minutes

method

1. In a medium bowl, mix together lemon juice, red vinegar, white vinegar, garlic, basil, parsley and oil, until well combined.
2. Stir in the pimentos and mushrooms, cover and chill for 3 hours. Serve chilled as a side dish.

.....
Serves 4

ingredients

- > 2 tablespoons lemon juice
- > 2 tablespoons red wine vinegar
- > 2 tablespoons white wine vinegar
- > 2 cloves garlic, crushed
- > 1 tablespoon chopped fresh basil
- > 1 tablespoon chopped fresh parsley
- > 2 tablespoons safflower oil
- > 8 pimentos, sliced into strips
- > 1 cup mushrooms, sliced

tip from the chef

Excellent as an accompaniment to barbecued meats.



bamboo and noodles

■ □ □ | Cooking time: 12 minutes - Preparation time: 15 minutes

ingredients

- > 500 g/1 lb fresh hokkien noodles
- > 2 teaspoons vegetable oil
- > 2 cloves garlic, crushed
- > 2 teaspoons finely grated fresh ginger
- > 2 fresh red chillies, chopped
- > 1 bunch/500 g/1 lb bok choy, chopped
- > 220 g/7 oz canned bamboo shoots, drained and sliced
- > 1 red pepper, chopped
- > 6 spring onions, chopped
- > 155 g/5 oz oyster mushrooms
- > 60 g/2 oz bean sprouts
- > 1½ tablespoons soy sauce
- > 1½ tablespoons hoisin sauce
- > 1 tablespoon oyster sauce
- > 1 tablespoon sweet chili sauce

method

1. Cook noodles in boiling water in a large saucepan for 3 minutes or until tender. Drain, rinse under cold water, drain again and set aside.
2. Heat oil in a wok over a medium heat, add garlic, ginger and chillies and stir-fry for 2 minutes or until golden. Add bok choy, bamboo shoots, red pepper, spring onions and noodles and stir-fry for 3 minutes.
3. Add mushrooms and bean sprouts, then stir in soy, hoisin, oyster and chili sauces and stir-fry for 4 minutes or until heated through.

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Serves 4

tip from the chef

Hokkien noodles are Chinese egg noodles, they are available from Oriental food stores and range from wide ribbon noodles to thin spaghetti-style noodles. Any ribbon pasta such as linguine, fettuccine or spaghetti can be used in their place.





country lamb

■ ■ □ | Cooking time: 15 minutes - Preparation time: 15 minutes

method

1. To make sauce, combine stock, wine, passata and Worcestershire sauce in a bowl. Set aside.
2. Heat oil in a wok over a medium heat, add onion and garlic and stir-fry for 3 minutes or until golden.
3. Increase heat to high, add lamb and stir-fry for 5 minutes or until brown. Remove lamb from wok, set aside and keep warm.
4. Add carrot, zucchini, sugar snap peas or snow peas and mushrooms to wok and stir-fry for 5 minutes or until vegetables are tender.
5. Return lamb to wok, stir in sauce and cornflour mixture, bring to the boil and cook, stirring, for 1-2 minutes or until sauce thickens slightly. Stir in parsley and season with black pepper.

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Serves 4

ingredients

- > 1 tablespoon vegetable oil
- > 1 onion, chopped
- > 1 clove garlic, crushed
- > 500 g/1 lb lean lamb, cut into strips
- > 1 carrot, sliced
- > 2 zucchini, sliced
- > 125 g/4 oz sugar snap peas or snow peas
- > 125 g/4 oz button mushrooms
- > 1 tablespoon cornflour blended with 1 tablespoon water
- > 2 tablespoons chopped fresh parsley
- > freshly ground black pepper

red wine sauce

- > 1 cup/250 ml/8 fl oz lamb or beef stock
- > ¼ cup/60 ml/2 fl oz red wine
- > 1 tablespoon passata (tomato paste)
- > 1 tablespoon Worcestershire sauce

tip from the chef

To clean a wok, wash with water (do not use detergent), then dry thoroughly. The best way to dry the wok is to place it over a low heat for a few minutes.



creamy chicken and mushrooms

■ ■ □ | Cooking time: 25 minutes - Preparation time: 10 minutes

ingredients

- > 1 tablespoon walnut oil
- > 2 cloves garlic, crushed
- > 2 rashers bacon, chopped
- > 4 boneless chicken breast fillets, sliced
- > 4 spring onions, chopped
- > 375 g/12 oz mixed mushrooms
- > 3 large field mushrooms
- > ¼ cup/60 ml/2 fl oz brandy
- > 1 cup/250 ml/8 fl oz cream
- > ½ cup/125 ml/4 fl oz chicken stock
- > freshly ground black pepper

method

1. Heat oil in wok over a medium heat, add garlic and bacon and stir-fry for 3 minutes or until brown. Add chicken and stir-fry for 5 minutes or until tender. Remove chicken mixture from wok, set aside and keep warm.
2. Add spring onions and mixed and field mushrooms to wok and stir-fry for 2 minutes or until tender. Return chicken mixture to wok, stir in brandy, cream and stock and bring to boil. Reduce heat and simmer for 15 minutes or until sauce reduces by half. Season to taste with black pepper.

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Serves 4



tip from the chef

Most larger supermarkets and greengrocers sell a range of mushrooms –look out for varieties such as shiitake, oyster and enoki. If you can only find ordinary mushrooms, add a few dried ones for extra flavor –remember to soak them in warm water before using.

char-grilled

mushrooms and toast



■ □ □ | Cooking time: 10 minutes - Preparation time: 10 minutes

method

1. Preheat barbecue to a medium heat. Brush mushrooms with oil and cook on lightly oiled barbecue (a) for 4-5 minutes or until cooked.
2. Brush both sides of the bread with remaining oil and cook for 2-3 minutes each side (b) or until golden.
3. Rub one side of each bread slice with cut side of garlic clove (c). Top each slice with mushrooms, sprinkle with parsley, chives and basil. Season to taste with black pepper (d) and serve immediately.

ingredients

- > 6 flat mushrooms
- > ¼ cup/60 ml/2 fl oz olive oil
- > 2 thick slices of bread
- > 1 clove garlic, cut in half
- > 2 teaspoons finely chopped fresh parsley
- > 2 teaspoons snipped fresh chives
- > 1 teaspoon finely chopped fresh basil
- > freshly ground black pepper

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Serves 2



a



b



c



d

tip from the chef

This delicious first course takes only minutes to cook.



beef and mushroom pie

■■■ | Cooking time: 1 hour 90 minutes - Preparation time: 20 minutes

ingredients

- > 500 g/1 lb lean topside steak, trimmed of visible fat
- > 4 tablespoons polyunsaturated oil
- > 1 onion, chopped
- > 120 g/4 oz mushrooms, sliced
- > 1¼ cups beef stock
- > freshly ground black pepper
- > 2 tablespoons cornflour blended with 4 tablespoons water
- > 12 sheets filo pastry
- > 1 tablespoon poppy seeds

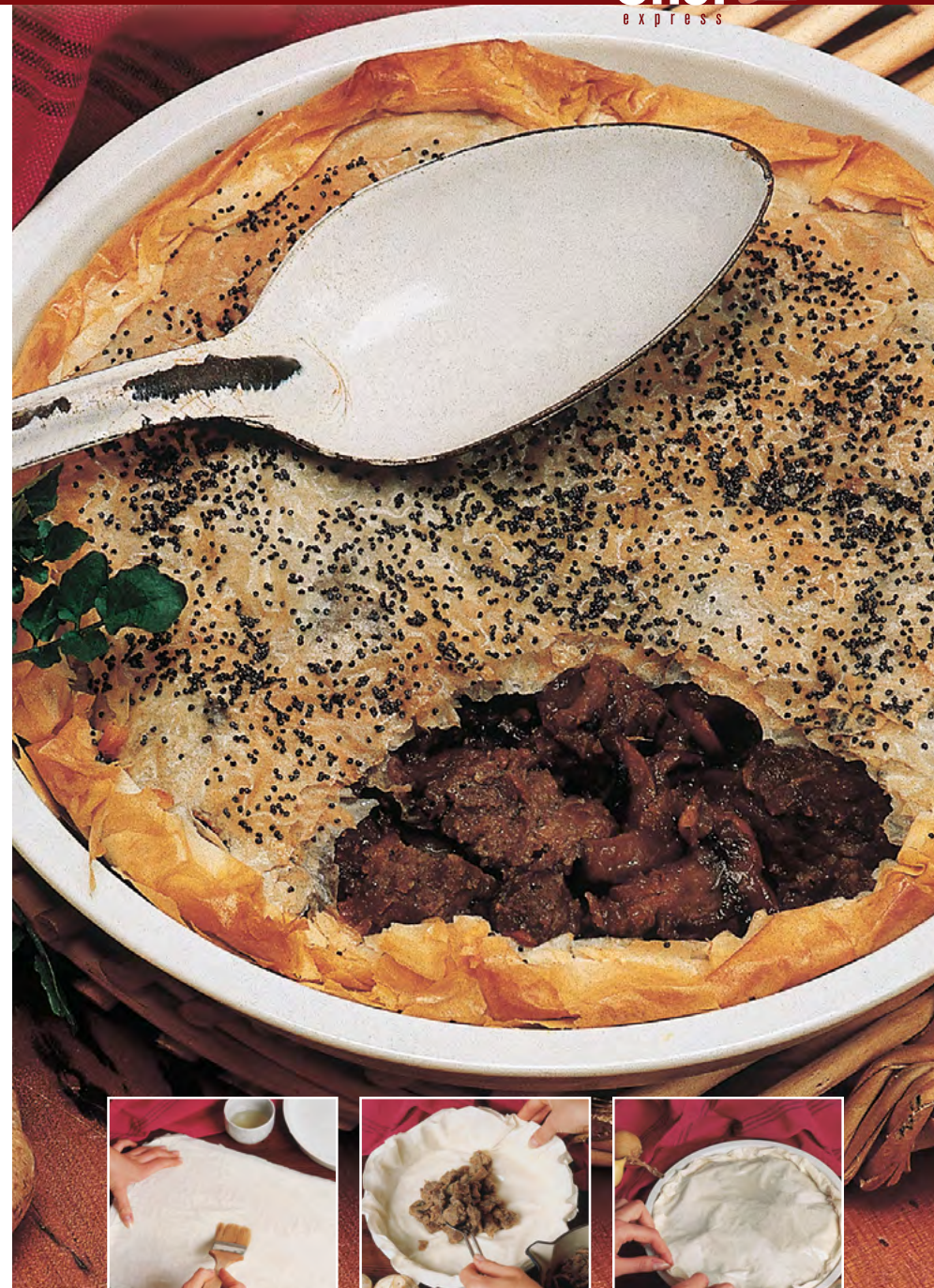
method

1. Cut meat into 2.5 cm/1 in cubes. Set aside.
2. Heat 1 tablespoon oil in a large saucepan and cook onion and mushrooms for 2-3 minutes. Add meat and stock. Season to taste with black pepper. Bring to the boil, then reduce heat and simmer for 40-50 minutes, or until meat is tender. Return to boiling. Whisk in cornflour mixture, stirring until sauce thickens. Cool.
3. Layer pastry sheets on top of each other, brushing between layers with remaining oil (a). Place a 22 cm/9 in pie plate upside down on pastry and cut a circle 2.5 cm/1 in larger than dish through all the layers of pastry.
4. Line pie plate with 8 pastry circles. Spread filling over pastry (b) and top with remaining 4 pastry circles. Roll down edges of pastry (c) and brush top with oil. Sprinkle with poppy seeds. Bake at 180°C/350°F/Gas 4 for 30 minutes, or until golden brown.

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Serves 6

tip from the chef

Instead of the traditional shortcrust or puff pastry, we have used sheets of fine filo pastry brushed sparingly with oil. Not only is the fat content reduced, but the pastry is crisp and light, never soggy. Lean beef has been selected for the filling and cooked with vegetables for extra flavor and fiber. The pie ends up being modest in fat, salt and calories—a satisfying, yet healthy, dish that everyone can enjoy.



a

b

c



cheesy

vegetable strudel

■ □ □ | Cooking time: 35 minutes - Preparation time: 25 minutes

method

1. To make filling, heat oil in a frying pan. Cook onion and garlic for 2-3 minutes. Add mushrooms and cook for 3-4 minutes. Shake as much water as possible from spinach and add to pan. Cook until spinach starts to wilt.
2. Squeeze spinach mixture to remove excess liquid. Combine with cheeses and egg, season with black pepper to taste.
3. Layer two sheets of filo pastry. Brush top sheet very lightly with oil, top with remaining two sheets and brush with oil.
4. Spread filling over pastry leaving about 2.5 cm/1 in border. Fold in sides of pastry and roll up from the longest side. Place roll on a baking tray and brush lightly with oil. Sprinkle with sesame seeds.
5. Bake at 200°C/400°F/Gas 6 for 20-25 minutes, or until golden.

ingredients

- > 4 sheets filo pastry
- > 2 tablespoons olive oil
- > 2 tablespoons sesame seeds

filling

- > 2 teaspoons olive oil
- > 1 onion, chopped
- > 1 clove garlic, crushed
- > 150 g/5 oz mushrooms, sliced
- > 1 bunch spinach (about 1 kg/2 lb, washed)
- > 1 cup cottage cheese
- > ¾ cup crumbled feta cheese
- > 1 egg
- > freshly ground black pepper

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Serves 6

tip from the chef

When trying recipes like these, which are higher in fat and sodium, balance out the rest of your meals for the day with less fat and salt. What you need is an overall, balanced nutritious food plan.



crispy pizza rolls

■ □ □ | Cooking time: 20 minutes - Preparation time: 1 hour 15 minutes

ingredients

- > 2 large wholemeal pitta bread rounds, split
- > 4 tablespoons tomato paste (purée)
- > ½ green pepper, chopped
- > 2 slices reduced fat ham, chopped
- > 2 spring onions, chopped
- > 60 g/2 oz reduced fat Cheddar cheese, grated

method

1. Spread each bread round with 1 tablespoon tomato paste (purée) leaving a 2 cm/¾ in border. Sprinkle with green pepper, ham, spring onions and cheese.
2. Roll up bread rounds and cut in half. Secure with a wooden toothpick or cocktail stick.
3. Place rolls on baking trays and bake at 180°C/350°F/Gas 4 for 20 minutes or until bread is crisp. Serve hot or cold.

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Makes 8



tip from the chef

For a vegetarian version of this snack simply omit the ham. Baked beans, artichoke hearts, avocado or fresh mushrooms can be used instead, if you wish.





marinated beef kebabs

■ □ □ | Cooking time: 10 minutes - Preparation time: 15 minutes

method

1. Trim all visible fat from meat and cut into 2.5 cm/1 in cubes. Set aside.
2. To make marinade, combine yogurt, mustard, gherkins, garlic, sherry and black pepper to taste in a glass bowl. Add meat (a) and marinate for 1 hour.
3. Remove meat from marinade and thread onto 8 skewers, alternating with onions, mushrooms and peppers (b).
4. Grill kebabs (c) over medium heat for 8-10 minutes, turning and basting frequently with marinade. Serve kebabs with any remaining marinade as an accompaniment.

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Serves 4

ingredients

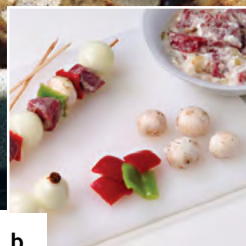
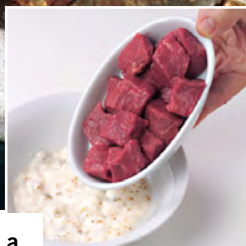
- > 500 g/1 lb lean topside steak
- > 8 small onions
- > 120 g/4 oz button mushrooms
- > ½ red pepper, cubed
- > ½ green pepper, cubed

marinade

- > ¾ cup low fat natural yogurt
- > 2 teaspoons wholegrain mustard
- > 1 tablespoon finely chopped gherkins
- > 1 clove garlic, crushed
- > 2 tablespoons dry sherry
- > freshly ground black pepper

tip from the chef

Taste your food before adding salt. Too many people automatically reach for the salt shaker without even tasting if the food is seasoned.



a

b

c

red wine steaks

■ □ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

ingredients

- > 4 lean beef steaks
- red wine marinade
- > ¼ cup/60 ml/2 fl oz red wine
- > 2 tablespoons Worcestershire sauce
- > 2 teaspoons French mustard
- > freshly ground black pepper

mixed mushroom sauté

- > 155 g/5 oz button mushrooms
- > 155 g/5 oz oyster mushrooms
- > 125 g/4 oz flat mushrooms, sliced
- > ½ cup/125 ml/4 fl oz dry white wine
- > 2 teaspoons green peppercorns in brine, drained
- > 1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme

method

1. To make marinade, place wine, Worcestershire sauce, mustard and black pepper to taste in a shallow dish and mix to combine. Add steaks to marinade and set aside to marinate for at least 30 minutes.
2. Cook steaks on a preheated hot barbecue or under a grill for 3-5 minutes each side or until cooked to your liking.
3. To make sauté, heat a nonstick frying pan over a medium heat. Add button, oyster and flat mushrooms and cook, stirring, for 2-3 minutes. Stir in wine, green peppercorns and thyme and cook, stirring, for 5 minutes longer or until mushrooms are tender. Serve with steaks.

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Serves 4

tip from the chef

When testing to see if steaks are cooked to your liking, press with a pair of blunt tongs. Do not cut the meat. Rare steaks will feel springy to touch, medium steaks slightly springy and well-done steaks will feel firm.





fragrant prawn soup

■ □ □ | Cooking time: 10 minutes - Preparation time: 10 minutes

method

1. Place stock in a large saucepan and bring to the boil. Stir in lemon grass, lemon rind, fish sauce, mushrooms and prawns; cook for 3-4 minutes or until prawns change color.
2. Reduce heat to low, stir in cream and cook for 2-3 minutes or until heated through.
3. Remove pan from heat, add bean sprouts, spring onions, chili paste (sambal oelek), lemon juice, coriander and black pepper to taste. Serve immediately.

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Serves 4

ingredients

- > 3 cups/750 ml/1¼ pt fish stock
- > 1 tablespoon chopped fresh lemon grass or 1 teaspoon dried lemon grass
- > ½ teaspoon finely grated lemon rind
- > 2 tablespoons Thai fish sauce
- > 250 g/8 oz button mushrooms, sliced
- > 500 g/1 lb large uncooked prawns, shelled and deveined
- > ⅓ cup/90 ml/3 fl oz cream
- > 125 g/4 oz bean sprouts
- > 2 spring onions, cut into 2 cm/¾ in lengths
- > 1 teaspoon chili paste (sambal oelek)
- > ⅓ cup/90 ml/3 fl oz lemon juice
- > 3 tablespoons chopped fresh coriander
- > freshly ground black pepper

tip from the chef

When making the stock for this soup, include the shells of the prawns to give a more intense flavor. Chicken stock can be used in place of the fish stock if you wish.



mushroom and vegetable soup

■ □ □ | Cooking time: 25 minutes - Preparation time: 10 minutes

ingredients

- > ½ cup olive oil
- > 6 rashers bacon, rind removed, finely chopped
- > 1 cup small button mushrooms, sliced
- > 1 onion, grated
- > 5 cups chicken stock
- > 2 potatoes, cut into tiny dice
- > 2 carrots, cut into tiny dice
- > 2 tablespoons chopped fresh parsley
- > ½ teaspoon cracked black peppercorns

method

1. Heat oil in a medium saucepan over moderate heat. Add bacon, mushrooms and onion and cook for 2 minutes.
2. Bring stock to the boil in a large saucepan. Add potatoes, carrots and mushrooms mixture and simmer for 10 minutes.
3. Ladle soup into warm bowls, sprinkle with parsley and black pepper.

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Serves 6



tip from the chef

For variation, replace half the quantity of parsley for any other fresh herb of your choice.



simple

minestrone



■ □ □ | Cooking time: 100 minutes - Preparation time: 15 minutes

method

1. Soak beans for 8 hours in 4 cups water with flour.
2. Rinse beans, combine them with stock in a large saucepan and simmer, covered, for 1 hour or until tender.
3. Add mushrooms, green beans, carrots, squash and leek. Add another 2 cups of water, bring to the boil, cover and simmer for 30 minutes.
4. Add pasta, pepper and tomatoes, cook until tender, about 10 minutes.

ingredients

- > 1½ cups dried white beans
- > 1 tablespoon flour
- > 6 cups chicken stock
- > 1 cup mushrooms, sliced
- > 155 g/5 oz green beans, trimmed and chopped
- > 2 carrots, chopped
- > 100 g/3 ½ oz yellow baby squash, sliced
- > 1 leek, sliced
- > 1 cup small shell pasta shapes
- > 1 teaspoon cracked black peppercorns
- > ¾ cup canned tomatoes, chopped

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Serves 6-8

tip from the chef

An Italian classic which every family cooks with their favorite vegetables or with those at hand. Do so yourself!



thai-style noodle soup

■ □ □ | Cooking time: 15 minutes - Preparation time: 5 minutes

ingredients

- > 5 cups/1.2 liters/2 pt vegetable stock
- > 125 g/4 oz oyster mushrooms, halved
- > 6 spring onions, cut into 2.5 cm/1 in lengths
- > 2 teaspoons finely grated fresh ginger
- > ¼ teaspoon chili paste (sambal oelek)
- > 2 tablespoons soy sauce
- > 155 g/5 oz fresh egg noodles
- > 90 g/3 oz bean sprouts
- > 2 tablespoons chopped fresh coriander

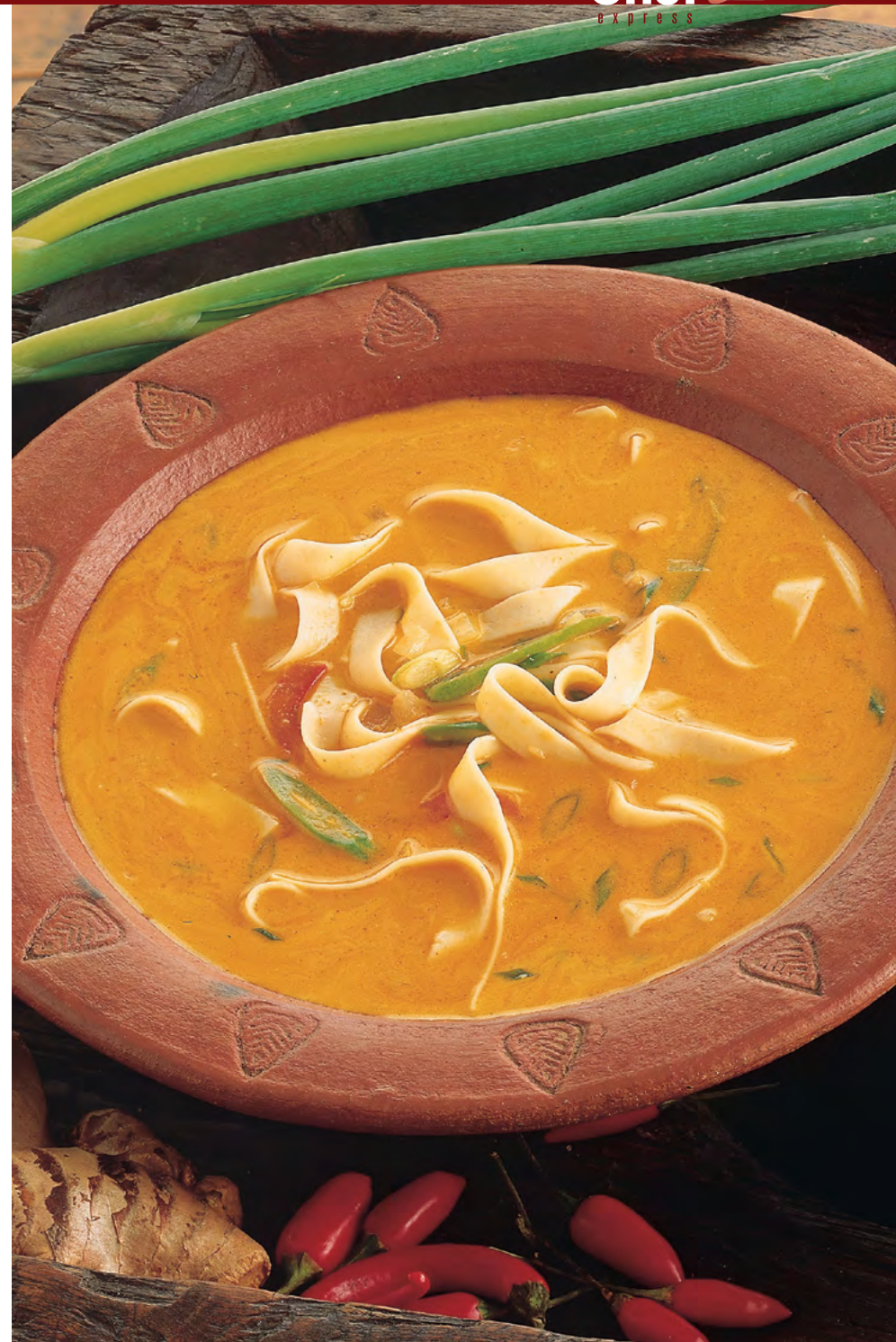
method

1. Heat stock in a saucepan over a medium heat, add mushrooms, spring onions, ginger, chili paste (sambal oelek) and soy sauce and bring to the boil. Reduce heat and simmer for 5 minutes.
2. Add noodles, return to the boil and simmer for 2-3 minutes or until noodles are cooked. Stir in bean sprouts and coriander. Serve immediately.

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Serves 6

tip from the chef

Oriental egg noodles vary in thickness from fine strands to pieces as thick as a shoelace, with a texture and taste similar to Italian spaghetti, being made with the same ingredients. Purchase fresh or dried noodles from Oriental food stores and supermarkets. Fresh noodles are best cooked as soon as possible but can be kept refrigerated for up to 4 days.





wild mushroom and onion tart

■□□ | Cooking time: 45 minutes - Preparation time: 90 minutes

method

1. Roll out pastry to form a 25 x 30 cm/ 10 x 12 in rectangle. Place pastry rectangle on a greased baking tray and brush with egg yolk.
2. Combine ricotta cheese and thyme and spread over pastry leaving a 2 cm/¼ in border. Set aside.
3. Melt 30 g/1 oz butter in a saucepan over a medium heat, add onions and cook, stirring, for 10 minutes or until soft and caramelized. Scatter onions over cheese.
4. Melt remaining butter in saucepan over a medium heat, add flat, button, oyster and shiitake mushrooms and cook, stirring, for 5 minutes or until soft. Scatter mushrooms over onions, top with trout and season to taste with black pepper.
5. Bake at 200°C/400°F/Gas 6 for 30 minutes or until pastry is puffed and golden.

ingredients

- > 250 g/8 oz puff pastry
- > 1 egg yolk
- > 125 g/4 oz ricotta cheese
- > 1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme
- > 60 g/2 oz butter
- > 3 onions, sliced
- > 3 large flat mushrooms, sliced
- > 125 g/4 oz button mushrooms, sliced
- > 125 g/4 oz oyster mushrooms
- > 125 g/4 oz fresh shiitake mushrooms
- > 185 g/6 oz smoked trout, flaked
- > freshly ground black pepper

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Serves 4-6

tip from the chef

The flavors and textures offered by combining different mushrooms in this recipe make it an interesting starter for a dinner party. You can use any combination of fresh mushrooms to make this tart.



pasta-topped ratatouille

■■■ | 2 hours - Preparation time: 60 minutes

ingredients

- > 315 g/10 oz small pasta shapes of your choice
- > 90 g/3 oz butter, melted
- > 45 g/1½ oz grated fresh Parmesan cheese

bean ratatouille

- > 2 small eggplant, sliced
- > salt
- > olive oil
- > 1 large onion, thinly sliced
- > 1 red pepper, sliced
- > 1 green pepper, sliced
- > 2 large zucchini, sliced
- > 185 g/6 oz button mushrooms, sliced
- > 500 g/1 lb tomatoes, sliced
- > 315 g/10 oz canned three bean mix, rinsed and drained
- > 1 clove garlic, crushed
- > 1 teaspoon dried oregano leaves
- > 1 teaspoon dried basil leaves
- > ½ teaspoon chili paste (sambal oelek)
- > 440 g/14 oz canned tomatoes, undrained and puréed
- > ⅓ cup/90 ml/3 fl oz vegetable stock
- > freshly ground black pepper

method

1. To make topping, cook pasta in boiling water in a large saucepan following packet directions. Drain, rinse under cold running water and drain again. Place pasta, butter and Parmesan cheese in a bowl and mix to combine. Set aside.
2. To make ratatouille, place eggplant in a colander, sprinkle with salt and set aside to drain for 30 minutes. Rinse eggplant under cold running water and pat dry with absorbent kitchen paper.
3. Heat 2 tablespoons oil in a frying pan over a medium heat and cook eggplant, in batches, for 3-4 minutes on each side or until soft. Drain on absorbent kitchen paper. Cook onion, red pepper, green pepper, zucchini and mushrooms separately in the same way, adding more oil as necessary.
4. Arrange eggplant slices, onion, red and green peppers, zucchini, mushrooms and tomatoes in layers in a large ovenproof dish. Place bean mix, garlic, oregano, basil, chili paste (sambal oelek), puréed tomatoes, stock and black pepper to taste in a large bowl and mix to combine. Pour bean mixture over vegetables and bake at 180°C/350°F/Gas 4 for 45 minutes.
5. Spoon topping over vegetables and bake for 20-30 minutes longer or until topping is golden and vegetables are tender.

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Serves 8





ratatouille

kebabs

■ ■ □ | Cooking time: 15 minutes - Preparation time: 30 minutes

method

1. Cook onions in a saucepan of boiling water for 5 minutes. Drain, cool and cut into halves.
2. To make marinade, place garlic, chilies, basil, oregano, oil and wine in a bowl and mix to combine. Add onions, eggplant, red pepper, zucchini, tomatoes and mushrooms, toss to coat and marinate at room temperature for at least 1 hour.
3. Drain vegetables and reserve marinade. Thread vegetables onto lightly oiled skewers and cook on a preheated hot barbecue grill, basting occasionally with marinade, for 4-5 minutes each side, or until cooked.

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Serves 8

ingredients

- > 250 g/8 oz small pickling onions
- > 1 small eggplant, cut into 2 cm³/₄ in cubes
- > 1 red pepper, seeded and cut into 2 cm³/₄ in squares
- > 4 zucchini, cut into 2 cm³/₄ in pieces
- > 250 g/8 oz cherry tomatoes
- > 250 g/8 oz button mushrooms

herb marinade

- > 2 cloves garlic, crushed
- > 2 small fresh red chilies, chopped
- > 2 tablespoons chopped fresh basil
- > 1 tablespoon chopped fresh oregano
- > ½ cup/125 ml/4 fl oz olive oil
- > ⅓ cup/90 ml/3 fl oz red wine

tip from the chef

Try a delicious variation serving these kebabs with Provençal relish (combine mayonnaise with chopped garlic and parsley).



vegetarian lasagna

■ ■ □ | Cooking time: 60 minutes - Preparation time: 45 minutes

ingredients

- > 200 g/6 ½ oz fresh lasagna sheets
- > 185 g/6 oz grated tasty cheese (mature Cheddar)

tomato sauce

- > 1 tablespoon olive oil
- > 185 g/6 oz button mushrooms, sliced
- > 1 onion, chopped
- > 1 clove garlic, crushed
- > 1 teaspoon seeded, chopped fresh red chili
- > 3 zucchini, sliced
- > 2 x 440 g/14 oz canned tomatoes, mashed
- > ½ cup/125 ml/4 fl oz white wine
- > 2 tablespoons chopped fresh basil
- > 2 tablespoons chopped fresh parsley

spinach and ricotta sauce

- > 250 g/8 oz frozen spinach, thawed and well drained
- > 250 g/8 oz ricotta cheese, drained
- > 1 egg, lightly beaten
- > freshly ground black pepper

white sauce

- > 60 g/2 oz butter
- > ½ cup/30 g/1 oz flour
- > 2 cups/500 ml/16 fl oz milk
- > ground white pepper

method

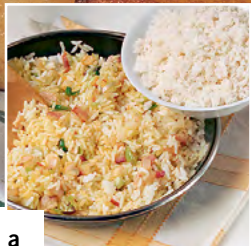
1. To make tomato sauce, heat oil in a frying pan over a medium heat, add mushrooms, onion, garlic and chili and cook, stirring, for 5 minutes or until onion softens slightly. Stir in zucchini, tomatoes and wine and bring to the boil. Reduce heat and simmer for 15 minutes. Stir in basil and parsley and set aside.
2. To make spinach and ricotta sauce, mix all its ingredients in a bowl. Set aside.
3. To make white sauce, melt butter in a saucepan over a medium heat, stir in flour (a) and cook, stirring, for 1 minute. Remove from heat and whisk in milk (b). Return to heat and cook, stirring, for 5 minutes or until sauce boils and thickens (c). Season with white pepper.
4. To assemble, line base of a lightly greased ovenproof dish with one-third of the lasagna sheets, cutting to size as necessary. Top with half the tomato sauce, then half the remaining lasagna sheets, the remaining tomato sauce and remaining lasagna sheets.
5. Spread spinach and ricotta sauce over lasagna, pour over white sauce and sprinkle with tasty cheese (mature Cheddar). Bake at 180°C/350°F/Gas 4 for 30-40 minutes or until mixture is hot and bubbling and top golden.

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Serves 6

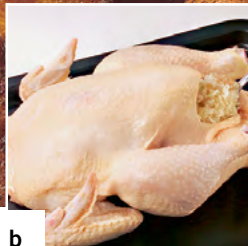


chicken

with rice stuffing



a



b



c

■ ■ ■ | Cooking time: 110 minutes - Preparation time: 20+ minutes

method

1. Cook bacon, green onions and curry powder in a frying pan until bacon is crisp. Remove from heat and stir in rice and breadcrumbs (a).
2. Fill chicken cavity with rice mixture (b), secure opening with a skewer. Place in a baking dish, brush with oil and bake at 180°C/350°F/Gas 4 for 1 ½ hours, basting frequently with pan juices.
3. To make sauce, melt butter in a saucepan and cook onion, pepper and mushrooms for 2-3 minutes. Stir in tomatoes, tomato paste, wine (c), sugar and water and season to taste.
4. Cook over medium heat for 8-10 minutes or until sauce has reduced by a quarter, stirring occasionally. Serve with chicken.

ingredients

- >4 slices bacon, chopped
- >4 green onions chopped
- >2 teaspoons curry powder
- >2 ½ cups cooked long-grain rice
- >1 cup fresh breadcrumbs
- >1 x 1,5 kg/3 lb chicken
- >1 tablespoon olive oil

sauce

- >2 tablespoons butter
- >1 onion, chopped
- >1 green pepper, chopped
- >125 g/4 oz mushrooms, sliced
- >440 g/14 oz canned tomatoes, undrained and mashed
- >2 tablespoons tomato paste
- >3 tablespoons red wine
- >1 tablespoon sugar
- >½ cup water

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Serves 4

tip from the chef

Precious time can be saved by keeping containers of cooked rice or pasta in the refrigerator or freezer; it is then ready to use in dishes when needed.



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mushroom surprises