

Recipes

Cooking Hints

Mushrooms should never be washed until you are ready for table preparation. All mushrooms are grown on waste material. Some are grown on flat beds with “dirty” peat moss or other dirty appearing material that they must grow through. Oyster mushrooms are generally grown on vertical surfaces, often, through holes in plastic bags. Wise growers wear latex gloves and pull them from the bag and then trim the stems. Occasionally, you may find a little straw or other substrate in the package, but generally, they will be very clean.

NEVER try to PEEL mushrooms, they do not have skin. Peeling is a waste of time and the appearance of the mushrooms will be destroyed.

DO cook them with lemon juice. You might even wash them in diluted lemon juice. When you sauté, be sure to do it in butter, but add lemon juice. A little white wine may also add, but lemon juice is still a must. We recommend some salt, but if you are on a low salt diet, the lemon is even more important. Most people on low salt look for foods high in potassium, mushrooms are an excellent choice.

There is one time when lemon is less necessary, if the dish has a large amount of sour cream. Even then, a little lemon may help. Vinegar substitutes for lemon in most salads and some other dishes, but even a “green” salad with mushrooms will taste better with lemon juice instead of vinegar. Please don’t pour one of those gummy manufactured “salad dressings” over a salad with mushrooms!

As our homepage says, this site is just getting started. There will be more recipes in a few days.

Our December-January Special – Tabouli Salad

We have friends of many faiths and we wish them all well. Most cultures in the Northern Hemisphere have a celebration that corresponds with the winter solstice. Virtually everyone celebrates the Western New Year, even if their culture has its own New Year. The photo in the lower right of the homepage is a salad that we put special decorations on. The silver-tan (bells, star and candle sticks) are all oyster mushrooms. The candles are red, yellow and green bell (sweet) peppers. Candles are appropriate for almost all Northern Hemisphere celebrations at this time of year. Many of us see a sky with stars more than with a sun now. Bells have been used for many kinds of celebrations. Reds, greens and yellow are the brightest colors, we know of in food.

Even without the extra decorations this is a colorful dish.



Tabouli salad is robust. On many occasions we have seen people who claim they do not like salads go back for seconds. On the other hand, no one can eat a volume equal to what they can eat of a simple green salad. This recipe will feed six to ten people. It keeps better than most salads; so you can keep it for several days

Oyster Mushroom Broth

3 cups Water
½ oz Dry, 3 oz fresh Oyster mushrooms
1 Tbs Lemon juice
¼ cup Onions chopped
1 cube Chicken bouillon
1 Tbs Mirin (Japanese cooking wine)

Shred mushrooms, dry mushrooms should soak in the cold water for at least ten minutes. Add all other ingredients, except mirin and boil for about 3 minutes. Add mirin and cook for about 30 seconds more, serve.
2 to 3 servings. RHK

The primary base is bulghur, a cooked, then dried cracked wheat. If you can not find it, cook cracked wheat as you would rice and cool it in the refrigerator.

1 cup bulghur
5 oz of oyster mushrooms
1 medium or ½ large cucumber
2 medium tomatoes
½ large green bell pepper
½ large red, yellow or orange bell pepper, any decorations may determine this.
¼ cup chopped onions
lettuce, enough to line your bowl
1 large bunch of parsley
¼ cup of chopped garden mint
2-½ teaspoons salt
½ cup salad oil
½ cup lemon juice
½ teaspoon of black pepper (this should be fresh ground - a mortar and pestle)

Cover the bulghur with 2-½ cups of cold water, refrigerate for at least one hour.

Wash all vegetables. Wait until you are ready to use the mushrooms, to wash them.

Chop the cucumber into small pieces cover with water and add two teaspoons of salt, refrigerate.

Remove the stems (at lest the large, old ones) from the parsley, mint and mushrooms.

Chop all vegetables into small pieces. Remember to reserve any you will use for decorations.

Cut any decoration that you plan with a very sharp knife. For mushrooms a sharp point is particularly helpful.

Squeeze excess water out of the bulghur, drain the cucumbers. If you plan to decorate, reserve some bulghur to “frost” the main part of the salad.

Mix all vegetables with the bulghur.

Make the dressing by shaking the lemon juice, oil, black pepper and ½ teaspoon of salt in a covered bottle. Then mix with all other ingredients.

Line your serving bowl with lettuce, put the salad in the center and serve; or if you are decorating, smooth the salad out, “frost” it with the reserved bulghur and add the decorations. RHK

Mushrooms



1-½ oz Dry or 10 oz Fresh Oyster mushrooms
½ cups Water, Plus 1 cup cold water for dry mushrooms
¼ tsb baking soda
¼ cup Vinegar
¼ tsp Salt
1 cup Chopped onions
1 small Eggplant, sliced
1 Tbs Butter
2 Tbs Flour
¼ Yellow bell (sweet) pepper ¼ Red bell (sweet) pepper
¼ Green bell (sweet) pepper 1 cup Sour cream

Soak dry mushrooms in water, allow 1 hour before cooking. After the dry mushrooms have soaked 10 minutes or immediately after washing the fresh mushrooms, cut off all stems, and chop them very fine. Place the stems in a small pan, add ¼ cup water and baking soda, cover and simmer. Cut the peppers into strips. Sauté the onions and eggplant, add salt, mushrooms and stems, including all liquid (much should have been absorbed). Continue heating, sift flour in slowly, while stirring. As soon as the liquid is smooth and thickened, add sour cream. Garnish with peppers. Serves 6.

Variation: cooked carrots may be substituted for some of the peppers. RHK

Oyster Mushroom Omelet

A great omelet needs a recipe, but skill is also a big part of it. In our experience, a properly seasoned cast iron skillet is the only acceptable cooking utensil. They are much more reliably non-stick than Teflon and there is no organic halogen (as in teflon and DDT). Omelets are cooked one at a time and I prefer several one-egg omelets to one large omelet. The following is for one omelet, multiply the mushrooms, lemon, onions and peppers times the number of omelets – of course you will want to do all of the chopping and marinating first.

1 Heaping Tbs. Oyster mushrooms, chopped
¼ tsp. Lemon juice
1 Heaping Tbs. Onions, chopped
1 Heaping Tbs. Bell peppers, ripe (red, yellow or orange) chopped
1 Egg
1 Tbs. Water
salt and fresh-ground black pepper to taste
¾ Tbs. Butter

Marinate the mushrooms in the lemon juice for 10 to 20 minutes. Put the egg in a small bowl, add the water, salt and black pepper, beat until smooth with a whisk. Heat an 8 inch skillet, add the butter. When it begins to bubble, pour in the whisked egg, so that the bottom of the skillet is covered. Sprinkle the onions and the marinated mushrooms on one half of the egg. After a short time, the bottom of the omelet will be firm, fold the half with no mushrooms and onions over the side with them. Continue to cook until the entire omelet is firm. Place on a warm plate, cover with the bell peppers and serve with catsup, or your favorite sauce. RHK

KEBABS - no meat, but great tasting

Kebabs are common in the mid-east. They are normally bulghur and ground lamb or goat, with flavoring made into a paste and cooked on a stick. They are not the same as kafta, doner, or the Russian sashlick, which are all pieces of meat on a stick.

Our recipe is intended to make a dish that like the regular kebabs, is rich in protein, but is richer in vitamins and is tastier.

Notice that the mushrooms must be dry to allow us to get in enough of their goodness.

- 1/2 cup bulghur
- 1 oz dried oyster mushrooms
- 1 Tbs melted butter
- 1 Tbs soy sauce
- 1 Tbs lemon juice
- 1/4 tsp fresh-ground black pepper
- 1/4 tsp cinnamon
- 1/4 cup onions, chopped
- 1/4 cup black olives, chopped
- 1/4 cup pine nuts

Cover the bulghur with water and allow it to soak an hour or more in the refrigerator. When it has swollen and is soft, squeeze out the excess water, but save the water to be used if the paste needs to be softer to work. Add all other ingredients, except the pine nuts and grind them together in a meat grinder. Next knead the paste, so that it is well mixed and grind once again. knead in the pine nuts.

Even with raw meat, it is common to serve raw, but it is really better cooked. Form it into small, weiner-like shapes, either around skewers then grill, or just put the weiner-like pieces into a skillet with a little butter and fry slowly until they are brown, then serve. RHK