

specialty mushroom

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recipes

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It is easy to grow specialty mushrooms. Making a profit from them is another matter.

The most successful specialty mushroom growers in North America are small family growers.

Marketing mushrooms for their health benefits (high protein, mineral and vitamin content) and flavor will go a long way to helping your small business.

Finding a way to preserve your mushroom crop and add value so you are not under pressure to sell them right away will reduce your risk and improve your profit margin.

Cleaning field cleaning

It is best to clean mushrooms as you are picking them. Use your fingers, or a soft brush to remove any loose debris from the cap, gills and stem. Remove any remaining dirt, if possible, by scraping the mushroom with a knife and cutting away damaged areas.

If you put dirty mushrooms in your basket you will create a lot of extra work for yourself later.

kitchen cleaning

If you have seriously soiled mushrooms you will need to use water to get off what the brush missed. This should only be done prior to cooking or processing.

Fill a sink, bucket or basin with cold water. Put the mushrooms into the cold water and agitate them to remove soil and duff. Remove them quickly so they do not absorb too much liquid.

Once your mushrooms are clean, you need to store them until they are sold.

storage refrigeration

It is best to place mushrooms in paper bags for short-term refrigeration. You can also wrap the mushrooms in paper towels and then place in a plastic bag.

If you choose this option, use zip lock vegetable bags which vent moisture through small slits on the side. If stored in a paper bag for too long mushrooms will dehydrate. On the other hand, if stored without ventilation the mushrooms will sweat, which will quickly ruin your crop.

If you have picked very wet mushrooms, first lay them on a thick layer of newspaper that has been covered with clean paper (brown paper bag, paper towel, or butcher paper) to dry out a bit.

drying

Small, clean specimens may be dried whole, larger ones should be sliced 1/4" - 1/2" thick. String slices on heavy thread, leaving air space between. Hang in a place that has warm circulating air.

You can also dry on screening over a wood stove, water heater or other warm dry place, or in a dehydrator at 110°F. Dehydration in an oven is not recommended as it is easy to cook the mushrooms as opposed to drying them. A convection oven with a 100° setting will work.

Dehydrate the mushrooms until they are crisp, so that all moisture is removed.

Dehydrated mushrooms are best stored in clean canning jars, with rubber seals, in a cool, dry place. They may be stored at room temperature in zip-lock freezer bags, but they will have less protection against moisture and insect infestation, and may spoil.

Mushrooms that dry well:
Agaricus, Auricularia, Boletus, Chroogomphus, Craterellus, Flammulina, Laccaria, Lactarius, Leccinum, Lentinus, Marasmius, Morchella and Sparassis.

About Water....

Do not clean mushrooms with water until you are ready to cook them, or they will rot!



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freezing

Choose only fresh firm specimens to freeze. *Boletus edulis* and *Tricholoma magnivelare* may be frozen, as buttons, raw. First put them in portion sized zip-lock plastic bags and then store the bags in larger sized freezer bags. They can be successfully frozen in this manner for several months. More mature specimens do not freeze well.

processing

A large variety of mushrooms can be successfully frozen if they are cooked beforehand. If the mushrooms are bite-sized, they may be cooked whole. Larger mushrooms should be chopped into smaller, bite-sized pieces.

Sauteeing

You can sauté mushrooms in oil or butter, or you may choose to **dry sauté**. Dry sautéing is preferred if you do not know how the mushrooms will be used later, because it does not add any flavors to the mushrooms.

To dry sauté mushrooms, heat a skillet over medium flame. Add the mushrooms and a small amount of salt to the pan. Cover the pan and allow the mushrooms to give up their juice. Wild mushrooms have a high moisture content and will shrink considerably. Uncover the pan, reduce heat to low and allow juice to evaporate until there is just enough to barely cover cooked mushrooms. Pack mushrooms into clean half-pint or pint canning jars; fill to within one-inch of the top of the jar. Pour any juice over the mushrooms and screw lids on.

Agaricus, *young Boletus*, *Cantharellus*, *Morchella*, *Pleurotus*, *Craterellus*, *Dentinum*, *Lactarius*, and *Hericium* can be successfully frozen in this manner.

recipes

Another way to add value and increase profits of your mushroom crop is to prepare or process the mushrooms in a ready-to use sauce, dip, or soup. Below you will find some fun and tasty recipes. Enjoy!



canning

Seal jars with new two-piece canning lids according to manufacturer's directions and process for 15 minutes (for either size jar) in a boiling-water bath. Cool, label and store the jars. Canned foods will keep for at least a year, if stored in a cool pantry.

mushroom ketchup

Ingredients

1-1/2 lb mushrooms, fresh
1-1/2 tbsp pickling salt
1 oz dried mushrooms
3 cp hot tap water
2 cp white wine vinegar
3 lge shallots, peeled
1 garlic clove, peeled
10 whole allspice berries or
1/4 tsp ground allspice
4 whole cloves
3 large mace blades
2 bay leaves
1/2 tsp ground ginger
1/2 tsp freshly ground pepper
1/4 cp medium or dry sherry

Instructions

Clean, thinly slice mushrooms. Mix thoroughly with salt in a ceramic bowl. Cover with cloth and let stand 24 hours, stirring occasionally. Mushrooms will become very dark (finished ketchup will be approximately the color of black bean soup).

Combine dried boletus with hot tap water; let stand, covered, until completely soft. Lift soaked mushrooms from liquid with a slotted spoon (this is to eliminate any grit that may be in the liquid) and place in a blender or food processor. Let soaking liquid settle for a minute or two, then carefully pour it over the mushrooms, stopping before any grit is poured out. Puree soaked mushrooms, then pour puree into a preserving pan. Puree salted mushrooms; add to previous puree.

Place about 1/2 cup of the vinegar in the blender and add shallots and garlic; puree. Add this puree to the mixture in the pan, together with remaining vinegar, allspice, cloves, mace, bay leaves, ginger and pepper. Bring mixture to boil over medium-high heat, lower heat, and simmer ketchup, uncovered, stirring it often, for 1 to 1-1/2 hours, or until the tiny fragments of mushroom are very soft, almost jellylike, and the ketchup is thick.

To test for correct consistency, pour a spoonful onto a saucer and let it stand 10 minutes, with the pot off the heat. If very little or no liquid seeps from the solids, the ketchup has thickened enough. If it does not pass this test, resume the cooking for as long as necessary.

Press ketchup through a sieve to remove bay leaves and whole spices, then puree again in a blender or food processor, running the machine until the texture is velvety smooth. Return ketchup to rinsed-out pan and bring it to a full boil again over medium-high heat, stirring it constantly. Stir in the sherry. Ladle the boiling-hot ketchup into hot, clean half-pint or pint canning jars, leaving 1/4 inch of headspace.

<http://homecooking.about.com/library/archive/blcon81.htm>

pickled mushrooms

from: *the mushroom festival*

Ingredients

1 1/2 lb fresh mushrooms
2/3 cp white salad vinegar
1/2 cp salad oil
1/8 tsp garlic powder
1 tbsp sugar
2 tbsp water
1/2 tsp salt
1 1/2 tsp parsley flakes

Dash of fresh ground pepper
Dash of hot pepper sauce
1 med onion, cut in rings

Instructions

Blanch all ingredients together. Boil 3 minutes. Pour into jars, covering mushrooms with cooked liquid.

tofu w/japanese mushroom sauce

Ingredients

4 cp firm tofu
2 cp fresh mushrooms
1/2cp green onions
2cp cloves garlic
2 tbs sake
(japanese rice wine)
4 tbs soy sauce
2/3 cp fish stock
2 tsp cornstarch
1tsp salt
4 tbs vegetable oil

Instructions

Place a clean cloth towel in a shallow plate (something like a brownie pan would be good) and put Tofu on it for 30 minutes to drain water. Wipe the surface of Tofu with paper towels and sprinkle some salt (to make the surface of the steak crisp and brown when done.)

Cut off mushroom stems, slice. Cut green onions in 2 inch long strips. Finely chop garlic.

Put 2 Tbsp of vegetable oil in a frying pan and fry both sides of Tofu in medium-high heat, until Tofu turns golden brown. Put tofu on serving plates.

Wipe the frying pan with paper towel and add another 2 Tbsp of vegetable oil. Saute garlic and the mushrooms in medium heat quickly. Add Sake, soy sauce and Dashi stock and bring it to boil. Add green onions. Dissolve cornstarch in 2Tbsp of water and add to the sauce. Stir from the bottom of the pan and pour it over the cooked Tofu. Serve while hot! (4 servings)

savory mushroom salad dressing

from: Chef2Chef

Ingredients

1/2 lb fresh wild mushrooms
3 tbs lemon juice, fresh
1/2 cp whipping cream
2 tbsp Dijon mustard
1/3 cp olive oil
1 tsp fresh tarragon
salt and pepper

Instructions

Combine mushrooms and lemon juice in a medium bowl and season with salt and pepper. Set aside. Whisk cream and mustard in a separate bowl to blend. Slowly add oil, whisking vigorously. Allow the mushrooms and dressing to develop separately for 30 minutes.

Add tarragon to the dressing. Drain the mushrooms and add them to the dressing. Blend. Adjust flavor with salt and pepper to your taste

wild mushroom pasta sauce

From: All_Easy_Cookin'

By: Marilyn

Ingredients

1 cp chopped onion
1 clove garlic, minced
2 tbsp olive or salad oil
28 oz tomato sauce
16 oz chopped mushrooms
3 tbsp snipped parsley
1 tbsp sugar
1/2 tsp salt
1 tsp dried basil, crushed

Instructions

Cook onion and garlic in hot oil until tender but not brown. Add tomato sauce, mushrooms, parsley, sugar, salt, and basil; mix together thoroughly.

Simmer uncovered about 45 min. or desired consistency. Store in canning jars.

five mushroom exotic soup

from: *the mushroom festival*

Ingredients

1/4 lb each: White, Enoki, Shiitake, Oyster, Trumpet, and Woodier
1/2 gallon milk
1/2 quart cream
1/4 cup flour
1/4 lb butter
2 oz butter
(for sautéing)
Salt and Pepper

Sour cream, nutmeg, and Enoki mushrooms for garnish

Instructions

Wash and slice mushrooms. Sauté in 2 oz butter until tender. Set aside. Make a roux with 1/4 cup flour and 1/4 pound of butter. Scald milk and cream and add to roux. Cook over moderate heat until thickened. Season with salt and pepper to taste. Then add mushrooms and heat. (Do not overcook). Serve garnished with sour cream, nutmeg and raw Enoki mushrooms.

dave's wild mushroom soup



by David Honigsberg, Philip Farms

Ingredients

- 6 tbsp unsalted butter
 - 1 cp chopped yellow onions
 - 1/2 cp chopped celery
 - 1/4 tsp cayenne
 - 1 1/2 tsp minced garlic
 - 6 oz shiitake, sliced
 - 6 oz oyster, sliced
 - 8 oz crimini or button, sliced
 - 2 tsp fresh thyme leaves
 - 1 tsp salt
 - 1/2 tsp ground black pepper
 - 1/3 cp brandy
 - 6 cp chicken stock
 - 1 1/2 cp heavy cream
- 1 (8-inch long) thin baguette
French bread, cut into
1/2-inch thick slices
- 3 cloves peeled, crushed garlic
- 2 tbsp extra virgin olive oil
- 3 tbsp finely grated Parmesan I

Instructions

In a large pot, melt butter over medium-high heat. Add onions, celery, and cayenne and cook, stirring, until soft, about 4 minutes. Add garlic and cook for 30 seconds. Add mushrooms, thyme, salt, and pepper. Cook, stirring, until the mushrooms give off their liquid and start to brown, about 7 minutes. Add brandy, bring to a boil and cook until glazed, about 2 minutes. Add the stock and return to a boil. Reduce the heat to medium-low and simmer uncovered, stirring occasionally, for 15 minutes.

Remove from the heat. Add the cream, return to a simmer, and cook for 5 minutes. Remove from heat and adjust seasoning to taste.

Crouton preparation:

Preheat the oven to 400 degrees F.

Rub both sides of the French bread slices with the crushed garlic and place on a baking sheet. With a pastry brush, brush 1 side with olive oil. Top with a fine sprinkling of the cheese and bake until the cheese is bubbly, about 5 minutes. Remove from oven.

To serve, ladle soup into bowls and top each serving with 2 croutons.

Vegan-Friendly Mushroom Pate

<http://www.fungi.com>

- 4 cups whole fresh Shiitake
- 4 cups whole fresh Maitake
- 12 oz rice-based cream cheese substitute
- 2 cloves garlic
- 2 cups dry roasted hazelnuts
- 2 sprigs parsley
- Soy sauce
- Olive oil
- Sesame oil
- Salt and pepper to taste

Finely chop the hazelnuts in a food processor and set aside.

Coarsely chop Shiitake (including the stems) and Maitake in a food processor. Coat the surface of a wok in olive oil and sauté mushrooms in 1-cup batches over medium-high-to-high heat, adding soy sauce as needed to keep mixture from burning, for approximately ten minutes per batch. Add a touch of sesame oil just before removing each batch.

Place hazelnuts, mushrooms, cream cheese substitute, garlic and salt and pepper in the food processor and blend until smooth but still slightly grainy. Add parsley and blend until finely chopped and evenly distributed throughout the mixture.

Serve with crackers or a nice crusty bread.

further information

Website Information

The Mushroom Festival Website
(click on recipes)
<http://www.mushroomfestival.org/>

Mushroom Recipes
www.mushroomrecipes.com

Cyber Kitchen - Mushroom Recipes
<http://www.cyber-kitchen.com/mushrooms/mushrecipes.cgi>

My Backyard Recipes
<http://www.mybackyard.com/current/167p1.htm>

Gourmet Mushrooms and
Mushroom Products
<http://www.gmushrooms.com/index.htm>

Literature

Mushroom. by Johnny Acton & Nick Sandler. More than 70 recipes from inspired creations to mushroom classics. Hardcover. 160 pages.

The Totally Mushroom Cookbook by Helen Siegal & Karen Gillingham. Inventive recipes for mushrooms.

The Mushroom Lover's Mushroom Cookbook. by Amy Farges. Over 175 exquisite recipes in a variety of formats from soups, sauces and stuffing, to main course.

The Mushroom Cultivator. by Paul Stamets and J. S. Chilton. A Practical Guide to Growing Mushrooms at Home. Easily the best source of information on mushroom growing in general and on growing mushrooms at home.

Growing Gourmet and Medicinal Mushrooms. by Paul Stamets. Cultivation techniques and growth requirements for 25 types of mushrooms.