



Mushroom Recipes to try at home!

Easy Mushroom Risotto (serves 4)

Source: Deliciously Ella

Ingredients:

- ◆ 1 onion, finely diced
- ◆ 4 cloves garlic, finely diced
- ◆ 3 sticks celery, finely diced
- ◆ 400g risotto rice
- ◆ 500g mixed mushrooms
- ◆ 15g dried porcini mushrooms
- ◆ 1 stock cube (mushroom preferably)
- ◆ 1 bag fresh spinach
- ◆ Juice of 1 lemon
- ◆ 2 tbsp Nutritional yeast (optional)

Method:

1. Place a large pan over a medium heat and add a drizzle of olive oil. Once warm, add the onion, garlic, celery and lots of salt and pepper. Let them sauté, until soft, for 5-10 minutes, stirring occasionally.
2. Pour 1 litre of boiling water into a measuring jug with the stock cube and the dried mushrooms (you want the mushrooms to soak for about 20 minutes, so just hold them back with a wooden spoon as you start to add the stock mix and add those towards the end).
3. Stir the rice through the garlic, onion and celery for a minute or so, letting it soak up the flavours then add a little stock, stirring it through.
4. Keep stirring the rice as it cooks, adding more stock gradually.
5. Finely slice half the mushrooms, add them to a large frying pan with salt and olive oil and sauté over a medium heat. 10 minutes or so before the rice is cooked, add the mushrooms.
6. Then cut the other half of the mushrooms into big and sauté in a frying pan with salt and olive oil over a medium heat.
7. Stir the lemon juice, spinach, soaked dried mushrooms (if not added already) and nutritional yeast into the risotto once it's cooked, adding more salt and pepper if needed, then top each bowl with the mushrooms from the frying pan.

Mushroom & Pak Choi Stir fry

Source: deiciousmagazine.co.uk

Serves 4

Ingredients:

- ❖ 500g mixed mushroom
- ❖ 1 shallot finely chopped
- ❖ 2 garlic cloves
- ❖ 2.5cm ginger piece, finely chopped
- ❖ 3 pak choi, quartered
- ❖ 1 tbsp rice wine vinegar
- ❖ 2 tbsp dark soy sauce
- ❖ 6 spring onions sliced

Method:

1. Heat 1 tbsp oil in a large wok over high heat. When hot, add half the mushrooms and stir-fry for 1-2 minutes. Set aside & stir fry the rest. Set aside
2. Heat remaining oil in the wok, add the shallot & stir-fry 2 minutes. Add garlic and ginger & cook for 30 seconds. Add the pak choi & a splash of water and stir-fry for 2-3 minutes, until the stems begin to soften.
3. Return the mushrooms to the pan with vinegar, soy sauce and spring onions and stir fry for 1 minute. Season to taste.
4. Serve with steamed rice or noodles.

Mushroom & Dill Stroganoff

Source: Riverford.co.uk; Serves 2

Ingredients:

- ❖ Onion (finely diced)
- ❖ 200g mushroom (sliced)
- ❖ 200g Portobello mushroom (sliced)
- ❖ 15g parsley (roughly chop)
- ❖ 15g dill (roughly chop)
- ❖ 150g brown basmati rice
- ❖ ½ tsp smoked paprika
- ❖ 1 tsp paprika
- ❖ 60ml white wine
- ❖ 1tsp Dijon mustard
- ❖ 3 tbsp soured cream
- ❖ 1 lemon
- ❖ 50g salad leaves

Method:

1. Bring a large pan of salted water to boil, add rice. Cook - approx 20 mins. Drain when cooked
2. Fry onion until cooked (approx 10 mins), add mushrooms & more oil if needed. Add both paprikas and fry 1-2 mins until mushrooms softened. Season. Remove from heat until rice is ready. When rice is ready, return mushrooms to heat, add wine and 2tbsp water, stir and let it gently bubble away for 1 minute. Add mustard and soured cream.
3. If it becomes too thick, add a splash of water or a little more cream. Add a squeeze of lemon juice. Stir in chopped parsley and dill and then serve over the rice with salad leaves on the side.

Mushroom & Chestnut Sliders

Source: Deliciously Ella

(Makes 20 small sliders)

Ingredients:

- ❖ 600g chestnut mushroom, roughly chop
- ❖ 2 garlic cloves chopped
- ❖ 4 tsp dried thyme
- ❖ 1 tsp ground cumin
- ❖ Olive oil
- ❖ 360g cooked chestnuts
- ❖ 1 heaped tbsp plain flour
- ❖ 2 tsp arrowroot (or cornstarch)

Method:

1. Preheat oven to 220C (fan 200C)
2. Toss mushroom, garlic, a small drizzle of olive oil, thyme, cumin, salt and pepper. Place the mixture on a baking tray and roast 10-15 minutes until mushrooms are golden. Remove and leave to cool.
3. Once cool, in a pestle and mortar smash the ingredients together until smooth paste. Scoop out 1 heaped tbsp and using your hands form small patties, 5cm across.
4. On a medium heat with a drizzle of oil, cook sliders for 3-4 minutes each side.