

AUSTRALIAN MUSHROOMS

SUMMER

COOKBOOK



Australian
MUSHROOMS
MUCH HEALTHIER. MUCH TASTIER.



MUSHROOMS MAKE SUMMER MEALS *Much* HEALTHIER AND TASTIER

Much HEALTHIER

Mushrooms are an important source of B vitamins, vitamin D, folate, potassium and selenium.

Much TASTIER

Mushrooms contain umami, the fifth basic taste following sweet, salty, bitter and sour. This unique taste adds a rich, brothy flavour and compliments many meats, vegetables and herbs while reducing the need to add salt to a meal.



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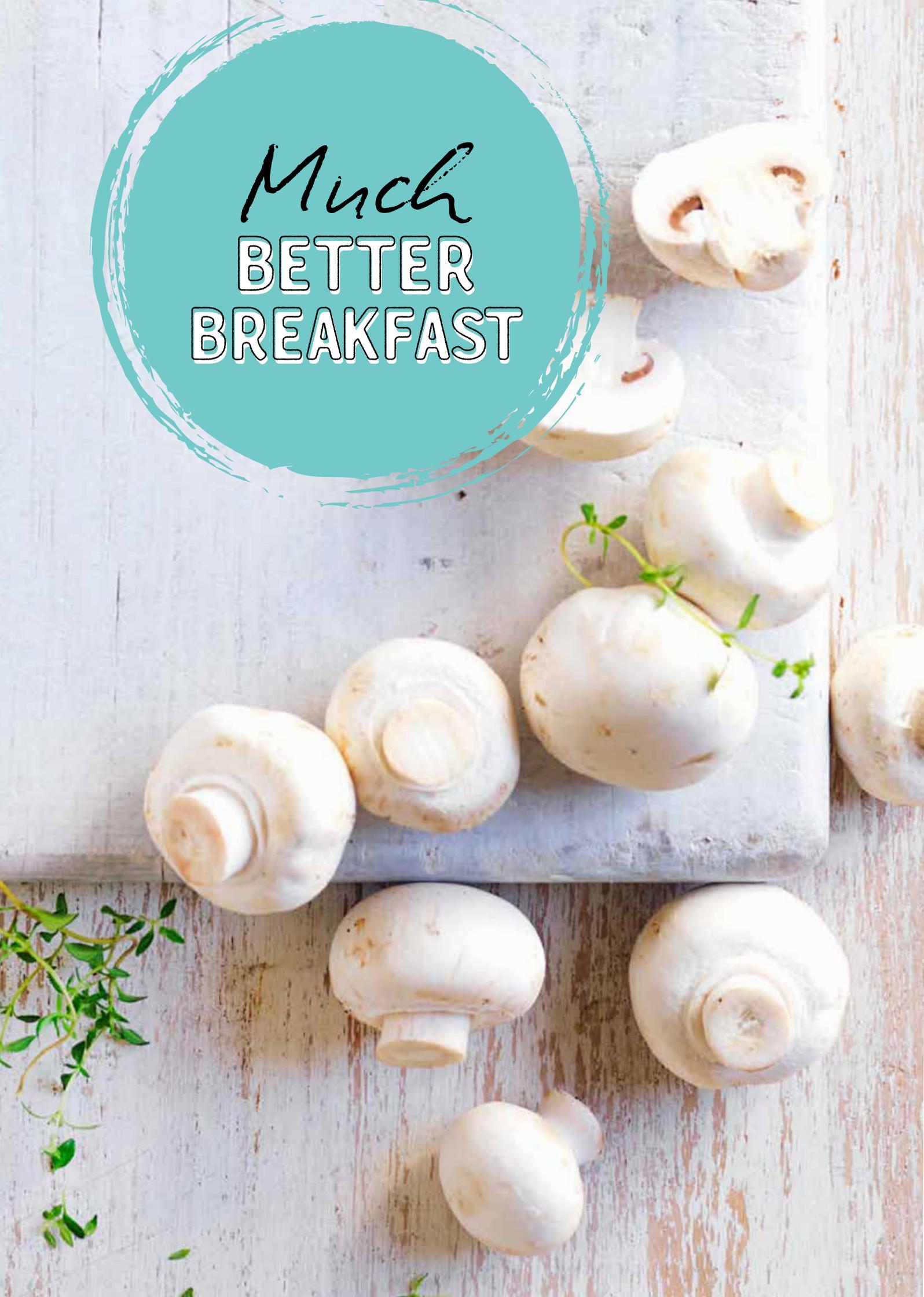
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Much
**BETTER
BREAKFAST**

Portabella Mushroom **BAKED EGG**

IN 3 EASY STEPS



1

Season 4 Portabella Mushrooms and drizzle with a little olive oil. Bake in a pre-heated oven at 180°C degrees for 10 minutes. Remove from oven.

2

Crack eggs into the centre of each mushroom. Return to the oven for 10 minutes or until egg whites are cooked through.

3

Season with extra salt and pepper and serve with roasted tomatoes and toast.



Mushroom BREAKFAST TARTS

Prep: 10 mins Cook: 15 mins Serves: 6

Ingredients

2 tbsp olive oil	2 tbsp chopped thyme leaves, plus sprigs to garnish
200g Button Mushrooms, trimmed and quartered	3 sheets puff pastry
4 (100g) bacon rashers, trimmed and chopped (1cm pieces)	6 eggs
1 red capsicum, finely chopped	

Method

1. Heat oil in a large frying pan over medium high heat. Cook mushrooms for 4-5 minutes or until golden. Add bacon and thyme and cook for 2-3 minutes or until bacon is crisp. Add capsicum, cook for 2 minutes
2. Preheat oven to 200°C fan forced. Lightly grease 6 x 10.5cm (base) loose base fluted tart tins. Using a 14cm cutter, cut 6 rounds from the pastry. Line pans with pastry, prick well with a fork and trim the edges
3. Place tins on a baking tray and cook for 15 minutes or until pastry is just golden. When cool enough to touch, gently push pastry down into the base
4. Break an egg into each pastry shell, top with mushroom mixture. Cook in oven for 10-12 minutes or until egg white is cooked and yolk is slightly runny. Serve with thyme sprigs to garnish



ZUCCHINI FRITTERS WITH PORTABELLA *Mushrooms* & POACHED EGG

Prep: 10 mins Cook: 15 mins Serves: 4 Makes: 8 Fritters

Ingredients

4 (240g) Portabella Mushrooms, thickly sliced	1 tsp sweet paprika
50g butter	2 green onions, thinly sliced
240g truss cherry tomatoes, cut into 4 lengths	6 eggs
¾ cup olive oil	½ cup (75g) self raising flour
350g zucchini, grated	⅓ cup (75ml) milk
100g halloumi cheese, chopped	

Method

1. Heat butter in a large saucepan over medium heat. Once melted, add mushrooms and cook for 5 minutes or until tender and lightly browned. Remove mushrooms and set aside
2. Meanwhile, preheat oven to 180°C fan forced. Line a baking tray with baking paper. Place cherry tomatoes on the baking tray and drizzle with 2 tablespoons olive oil. Season with salt and pepper. Cook for 10-12 minutes or until tomatoes have softened
3. Using hands squeeze zucchini to remove any excess liquid. Combine zucchini, halloumi, paprika and green onion in a medium bowl. Season with salt and pepper. Combine flour, 2 eggs and milk in a separate bowl. Add zucchini mixture and stir gently until combined
4. Heat 1/3 of the oil in a large frying pan over medium heat. Drop 1/4 cup of the fritter mixture into a pan and cook, in batches, for 5 minutes each side or until cooked through
5. Meanwhile, poach remaining 4 eggs in a pan of simmering water for 4-5 minutes or until cooked to your liking
6. Place zucchini fritters on plate, top with mushrooms, poached egg and cherry tomatoes to serve



WAFFLES WITH SAUTEED *Mushrooms* & MAPLE BACON

Prep: 10 mins Cook: 15 mins Serves: 4

Ingredients

8 (200g) rashers streaky bacon	80g butter, melted
¼ cup maple syrup	1 cup (140g) self-raising flour
1 egg, separated	400g Swiss Brown Mushrooms, halved
1 tbsp caster sugar	2 tbsp chives, sliced
¾ cup (175ml) milk	Sour cream and chives to serve

Method

1. Preheat oven to 180°C fan-forced. Line a baking tray with baking paper
2. Place bacon in a single layer and brush with maple syrup. Cook for 20 minutes or until crisp
3. Place egg yolk, milk, 60g melted butter and flour together in a medium bowl and whisk to combine. Whisk egg whites and sugar in a small bowl until light and fluffy and gently fold into flour mixture
4. Preheat a waffle iron. Use 1/4 cup of the waffle batter at a time. Cook for 4 minutes or until golden
5. Melt remaining butter in a large frying pan over medium high heat. Add mushrooms and chives. Season with salt and pepper. Cook, stirring occasionally for about 5 minutes or until mushrooms are lightly golden
6. Place waffles on serving plates. Top with maple bacon, mushrooms, sour cream and chives

How to prepare PORTABELLA MUSHROOMS

Essentially a Swiss Brown left longer to grow so it opens out flat, exposing dark, fragrant gills, Portabella Mushrooms are dense with a firm, meaty texture and deep, rich flavour.

1



CLEAN

There is no need to wash or peel mushrooms. Lightly clean mushrooms with a brush or damp cloth.

2



PREPARE

Portabella Mushrooms can be sliced or left whole for cooking. If slicing, first cut off the stem and then place flat to slice into long thick strips. They are also a great variety for blending into meat-based meals.

3



The "Ultimate" Beef and Mushroom Burger

PERFECT FOR

Portabella Mushrooms are perfect cooked whole on the grill or BBQ. Add them to burgers, sandwiches and salads or use them as a base for a variety of savoury fillings. Their rich flavour also makes them a great addition to sauces and soups.

Get the
RECIPE!
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Much
EASIER
ENTERTAINING

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Mushroom LAMB & FETA GOZLEME

Prep: 25-40 mins Cook: 6 mins Serves: 4

Ingredients

1 tsp caster sugar	400g lamb mince
½ cup (125ml) warm water	1 tsp ground cumin
2 tsp dried yeast	1 tsp dried oregano
3 cups (420g) plain flour	½ cup (20g) flat leaf parsley, chopped
½ tsp salt	½ cup (20g) mint leaves, chopped
½ cup (125ml) warm milk	200g Button Mushrooms, sliced
2 tbsps olive oil	200g feta, crumbled
1 brown onion, thinly sliced	Lemon wedges, to serve
1 garlic clove, crushed	

Method

1. Combine sugar, water and yeast in a jug. Stand for 10 minutes
2. Place flour and salt in a large bowl. Add yeast mixture and milk and combine to make a soft dough. Turn onto a lightly floured board and knead gently until smooth. Divide dough into four portions. Place on a lightly floured board, cover with plastic and stand in a warm place for 20 minutes or until dough has doubled in size
3. Meanwhile, heat half of the oil in a large non-stick frying pan over medium heat. Add onion and garlic and cook, stirring often for 5 minutes or until onion is soft
4. Increase the heat to high, add mince, cumin and oregano and cook, stirring to break up the lumps, for 10 minutes until browned. Transfer to a bowl. Cool for 5 minutes, add parsley and mint
5. Heat remaining oil in same frying pan. Add the mushrooms and cook a further 5 minutes or until browned lightly. Remove from heat
6. On a lightly floured surface roll dough into a 30cm x 40cm rectangle. Place one-quarter of the mince mixture, mushrooms and feta on one half of each rectangle. Season with salt and pepper. Fold dough over to enclose filling. Press edges together to seal
7. Preheat a barbecue plate or frying pan on medium until hot
8. Brush both sides of dough with oil and cook for about 3 minutes or until golden, then turn and cook for a further 3 minutes. Serve with lemon wedges

YUMMY
BBQ'D
MUSHIE



MEDITERRANEAN

Mushroom

& CHORIZO SKEWERS

Cook: 8 mins Serves: 4

Ingredients

3 tbs extra virgin olive oil	3 chorizo sausages (see tip)
1 lemon, juiced	1 red capsicum
2 tsp smoked paprika	1 yellow capsicum
2 tsp brown sugar	Tossed salad & lemon wedges, to serve
24 button mushrooms	

Method

1. Combine oil, lemon juice, paprika and sugar in a large bowl, season with salt and pepper and whisk until well combined. Add the mushrooms and stir to coat all the mushrooms. Cover and refrigerate for 1 hour to marinate
2. Cut each chorizo into 8 slices. Cut capsicums into pieces. Thread the chorizo, capsicum and mushrooms alternately onto 8 skewers
3. Heat a lightly greased barbecue plate on medium-high. Barbecue the skewers, turning often, for 6-8 minutes or until mushrooms and chorizo are warmed through. Serve with salad and lemon wedges

TIPS & HINTS:

Chorizo is a cured Spanish sausage made from pork and various spices. It has a strong flavour and a firm texture. Chorizo can be eaten raw but taste better cooked.



YUMMY
BBQ'D
MUSHIE



THE “ULTIMATE” BEEF & *Mushroom* BURGER

Prep: 10 mins Cook: 15 mins Serves: 4

Ingredients

350g beef mince	4 Portabella Mushrooms
150g Button Mushrooms, chopped	4 (80g) burger rolls
2 tbsp chopped tarragon	4 iceberg lettuce leaves, torn
2 tsp Dijon mustard	2 vine ripened tomatoes, sliced
1 egg, lightly whisked	¼ cup whole egg mayonnaise
100g aged cheddar cheese, sliced	¼ cup tomato chutney
4 (100g) rindless bacon rashers	

Method

1. Place mince, mushrooms, tarragon, mustard and egg in the bowl of a food processor and blend until combined. Remove from the bowl, season with salt and pepper and form into 4 patties
2. Pre-heat an oiled char-grill pan or BBQ over medium high heat. Cook burger patty for 3-4 minutes, turn and top with sliced cheese. Cook for a further 3-4 minutes or until cheese is melted and patty is cooked to your liking. Set aside to keep warm
3. Cook bacon for 2-3 minutes each side or until golden and crisp, set aside to keep warm
4. Add mushrooms to pan or BBQ, turning until mushrooms are grilled on both sides and warmed through. Remove from the heat
5. Spread base of mushrooms with mayonnaise, top with iceberg lettuce, tomato, beef patty, bacon and drizzle with tomato chutney to serve



**CRUMBED
MUSHIES**



PORTABELLA *Mushroom* FRIES

Prep: 15 mins Cook: 10 mins Serves: 4-6

Ingredients

FRIES

Vegetable oil, for deep-frying

100g (¾ cup) plain flour

3 eggs, lightly beaten

2 cups panko breadcrumbs

250g Portabella Mushrooms, stalks trimmed,
cut into thin fries

Salt and pepper, to season

HARISSA YOGHURT

2 tsp harissa

1 cup Greek-style yoghurt

Method

FRIES

1. Heat enough oil in a large saucepan to come one-third up the sides to 170°C
2. Meanwhile, place the flour, eggs and breadcrumbs into 3 separate wide, shallow bowls
3. Season the flour well with salt and pepper. Dust the mushroom fries in the flour, shaking off any excess, dip into the egg, then coat well in the breadcrumbs
4. In batches, deep-fry the fries for 5 minutes or until golden and cooked. Drain well on paper towel and season with salt

HARISSA YOGHURT

1. Mix harissa together with yoghurt. Serve with fries

Know your MUSHROOMS



FLATS

Intense, robust, almost 'meaty' flavour, with a dense, spongy texture.

.....

Best eaten cooked, Flats pair perfectly with garlic, thyme, goat's cheese and rocket. Try them grilled on the BBQ or diced in soups and sauces.



BUTTONS

Delicate texture with a mild flavour that intensifies when cooked.

.....

Can be eaten raw or cooked, Buttons pair perfectly with rosemary, parmesan, garlic and butter. Try them tossed through a salad with balsamic vinaigrette.



SWISS BROWN

Firm texture with a deep earthy flavour. Holds shape well when cooked.

.....

Best eaten cooked, Swiss Browns pair perfectly with oregano, balsamic, cumin and chilli. Try marinated for an antipasto plate or diced into pasta, pilafs, risottos, casseroles and pie fillings.



CUPS

Firm texture with a more intense flavour and colour than Buttons.

.....

Can be eaten raw or cooked, Cups pair perfectly with cream, pasta, marjoram and parsley. Try them chopped up and mixed into bolognese sauce.



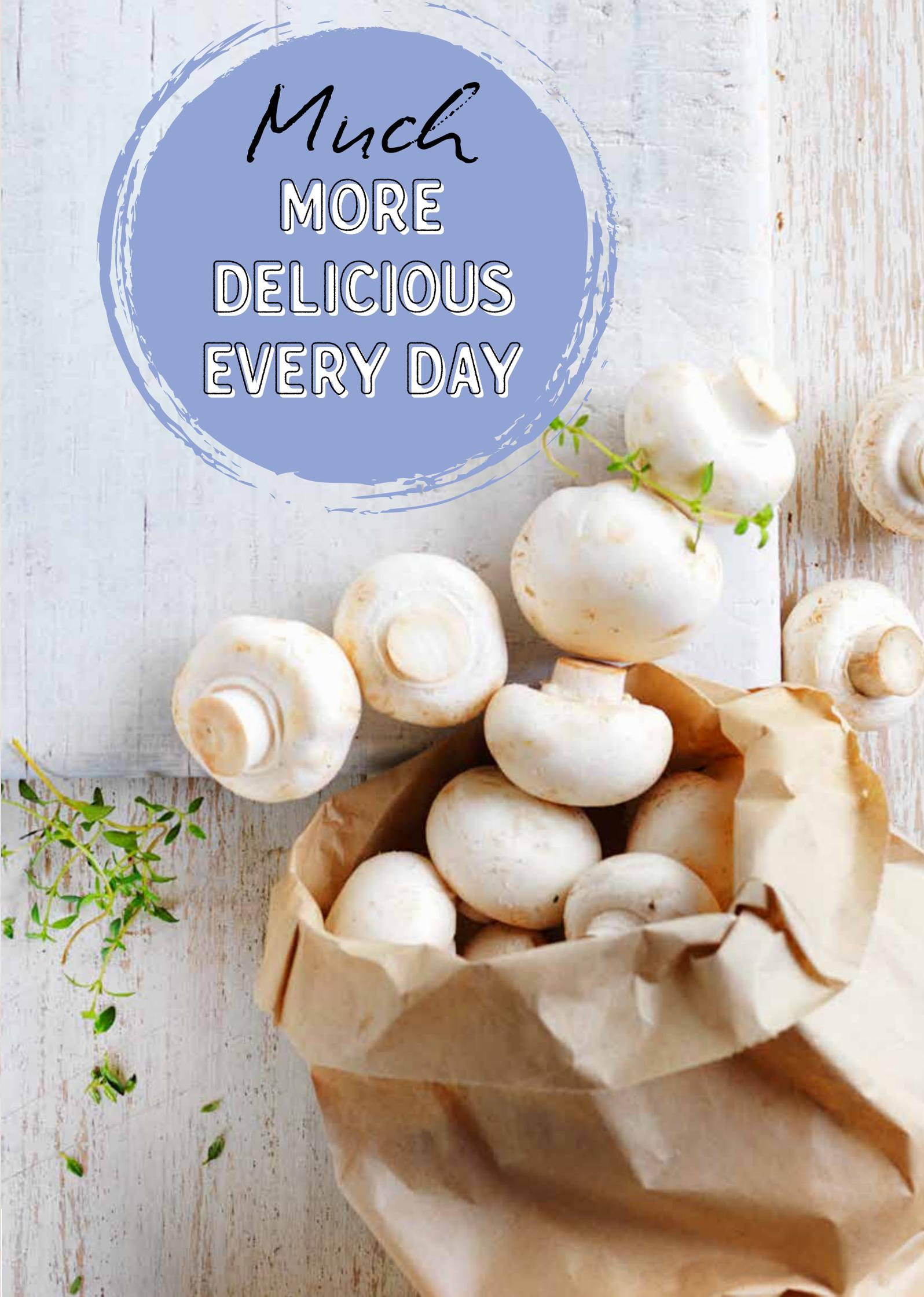
PORTABELLA

Dense, firm meaty texture with a deep, rich flavour.

.....

Best eaten cooked, Portabellas pair perfectly with olive oil, salt, pepper and lemon. Try it roasted in the oven with tomato, mozzarella cheese and basil or as an alternative to a meat patty in a burger!

Much
**MORE
DELICIOUS
EVERY DAY**





Mushroom & LEEK FILO PIE

Prep: 10 mins Cook: 25 mins Serves: 4

Ingredients

20g butter, plus 50g butter, melted	½ cup (50g) grated cheddar cheese
2 leeks, trimmed and sliced	50g full fat fresh ricotta cheese, broken into pieces
300g Button Mushrooms, quartered	2 tsp finely grated lemon rind, plus lemon wedges to serve
1 garlic clove, crushed	6 sheets filo pastry
100g baby spinach leaves	
6 eggs, lightly whisked	
½ cup thickened cream	

Method

1. Preheat oven to 200°C fan-forced. Heat 20g butter in a large deep frying pan over high heat. Add the leeks and mushrooms and cook for 3-5 minutes or until browned. Add garlic and cook, stirring for 1 minute. Remove from the heat and stir in spinach leaves, until just wilted. Set aside to cool slightly
2. Whisk eggs and cream in a medium size bowl. Add mushroom mixture, cheese and lemon rind. Season with salt and pepper
3. Lay a 50cm long piece of baking paper on the bench. Top with 1 layer of filo pastry, brush with melted butter, top with another sheet of filo pastry and repeat until all pastry sheets are layered on top of each other
4. Heat an oiled large deep frying pan with oven-proof handle over medium heat. Lift baking paper sheet into frying pan, easing down the edges into the pan. Stir egg and mushroom mixture and pour into pastry case
5. Scrunch the pastry edges over the mushroom mixture. Transfer to the oven and cook for 20-25 minutes or until the egg is set and the pastry is golden
6. Serve with lemon wedges and freshly ground black pepper

TIPS & HINTS:

Always use fresh refrigerated filo pastry, anything from the freezer will be brittle and break easily



Mushroom VEGGIE BURGERS

Prep: 10 mins Cook: 10 mins Serves: 4

Ingredients

1/3 cup (50ml) thick Greek-style yoghurt	400g can chickpeas, rinsed and drained
1 tbsp lemon juice	1 carrot, peeled and coarsely grated
1 tbsp finely chopped mint leaves	1/4 cup (10g) parsley leaves
2 garlic cloves, crushed	Plain flour, for dusting
3 tbsp olive oil	4 (80g each) Ciabatta rolls, halved
200g Button Mushrooms, trimmed and halved	4 canned baby beets, sliced
1/2 tsp ground cumin	1 Lebanese cucumber, sliced into ribbons
1/2 tsp ground coriander	4 butter lettuce leaves

Method

1. Combine yoghurt, lemon juice, 1 garlic clove and mint in a small bowl, set aside
2. Heat 1 tablespoon olive oil in a medium frying pan over medium high heat, add mushrooms. Cook for 4 minutes, add remaining garlic, cumin and coriander and cook for a further 1 minute or until mushrooms are fragrant and golden. Allow to cool slightly
3. Place chickpea, carrot, parsley and mushroom mixture in the bowl of a food processor and blend until just combined. Shape into 4 patties, dust in flour
4. Heat remaining oil in a large frying pan. Cook patties for 3-4 minutes each side or until crisp and golden
5. Place base of rolls on serving platter, spread evenly with yoghurt, top with lettuce, mushroom patty, cucumber and top of roll to serve

TIPS & HINTS:

Drizzle with chilli oil for an extra kick!



Mushroom & CHAR SIU PORK STIR FRY

Prep: 10 mins Cook: 15 mins Serves: 4

Ingredients

1/3 cup char siu sauce

2 tsp Chinese five spiced powder

2 tbsp soy sauce

1 tbsp peanut oil

500g pork fillet (tenderloin), thinly sliced

400g Button Mushrooms

1/2 cup (125ml) water

2 bunches (480g) gailan (Chinese broccoli),
trimmed and cut into 5cm lengths

2 green onions, thinly sliced on the angle

1 tbsp black sesame seeds

Rice noodles, to serve

Method

1. Cook rice noodles according to packet instructions. Set aside and keep warm
2. Place char siu and five spice powder in a small jug and mix to combine. Spread 2 tablespoons of mixture onto pork. Add soy sauce to remaining mixture, stir to combine
3. Heat oil in large deep frying pan over medium heat. Add pork, and stir-fry for 6-8 minutes, turning until browned all over. Add mushrooms, cook stirring for 2 minutes, until golden. Add remaining marinade and water to pan and bring to a gentle simmer, about 5 minutes. Remove pork and set aside to rest
4. Add gailan to frying pan, cover and cook 2-3 minutes or until tender. Thickly slice pork and serve with mushrooms and gailan and sprinkle with green onion and black sesame. Serve with rice noodles



MAPLE ROASTED

Mushroom

& CARROT SALAD

Prep: 10 mins Cook: 35 mins Serves: 4 as a side salad

Ingredients

DRESSING

.....
1/4 cup (50ml) maple syrup

.....
2 tbsp olive oil

.....
1 1/2 tbsp red wine vinegar

.....
1/2 tsp chilli flakes

.....
2 bunches (375g each) baby (Dutch) carrots,
peeled and trimmed, leaving 1.5cm stalk

.....
1 bunch (375g) baby purple carrots, peeled,
halved and trimmed, leaving 1.5cm stalk

.....
400g Swiss Brown Mushrooms, trimmed

.....
1/4 cup (40g) roughly chopped hazelnuts

.....
1/4 cup (10g) mint leaves

TO SERVE

.....
1/2 cup Greek-style yoghurt

.....
1 - 2 tbsp lemon juice

Method

DRESSING

1. Preheat oven to 200°C fan forced. Combine maple syrup, oil, vinegar and chilli in a small bowl and whisk to combine
2. Place carrots in a large roasting pan, drizzle with 2 tablespoons maple syrup mixture and toss to combine. Roast 10 minutes
3. Add mushrooms and hazelnuts on a baking tray. Drizzle with remaining maple syrup mixture and season with salt and pepper. Roast for 20-25 minutes or until purple carrots are tender

TO SERVE

1. Combine yoghurt and lemon juice in a small bowl. Drizzle yoghurt dressing over carrots and serve with mint leaves

TIPS & HINTS:

Add rocket leaves and goat curd for a substantial salad.

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MUSHROOMS

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