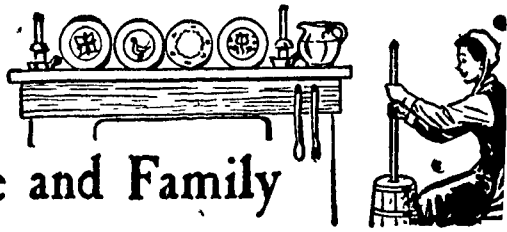


For the Farm Wife and Family



Mushroom Delicacies

By Mrs. Richard C. Spence

No other vegetable can be served in so many unusual ways as the mushroom. They are delicious raw, sauteed, simmered or pickled. They can be frozen, canned or dried. Mushroom soup is elegant and nourishing. Chicken, fish, eggs and meats are always complimented when mushrooms are added.

Plain vegetables forget to be routine when fresh mushrooms or canned ones are sauteed and added. Mushrooms with a touch of sweet or sour cream served on toast, suddenly become company fare. Added to omelettes, casseroles, grilled servings, to rice and what-have-you, mushrooms are still individual and the star of any act—when the how is food.

EQUIVALENTS FOR FRESH AND CANNED MUSHROOMS

When a recipe calls for one pound fresh mushrooms you can use 20 to 24 fresh mushrooms or one quart whole raw mushroom caps or one 6 or 8 ounce can mushroom caps or crowns.

PREPARING FRESH MUSHROOMS

Emphatically—DO NOT PEEL. In that peel is much of the fine flavor, velvety quality and minerals. Wipe with damp soft paper toweling, snip off the end of stem. Use the five star chef never washes mushrooms in his kitchen, lest they become water soaked. Also he knows that they

are grown under perfect conditions and do not need washing. If determined to wash, be sure that only a light stream of cold water is run over them, wiping dry immediately. Never soak in pan of water.

HOW TO SAUTE MUSHROOMS

Use heavy skillet with plenty of surface. Do not stack slices or caps. Allow at least 2 tablespoons butter to half pound mushrooms. Keep heat medium and turn with broad spatula or pancake turner. As edges begin to brown lightly and the mushroom turns golden, turn and watch closely. Do not overcook. Salt lightly and take out of skillet as they are ready.

FOOD VALUES OF MUSHROOMS

Mushrooms have been recognized for a long time as an important food. In its National Food Guide the U. S. Department of Agriculture lists mushrooms in Group Three of its seven basic food groups. One appealing thing about mushrooms is their low calorie content; less than 60 calories to the pound. They have a relatively high phosphorus content and top many vegetables in riboflavin, niacin and calcium. They also contain other B vitamins, and iron and copper.

KEEPING QUALITIES OF MUSHROOMS

Freshly picked mushrooms will keep in prime condition at about 32 degrees F., and with relative humidity at 85 to 90 percent, for five days. At higher temperatures the storage period should be shorter. In the house, mushrooms should be kept in the refrigerator. Oxidation causes a discoloration which, however, does not affect the flavor of food value of mushrooms. They can, of course, be frozen and will keep for much longer periods of time.

SCALLOPED MUSHROOM CASSEROLE

1 pound mushrooms
1/4 pound crackers
1-1/4 teaspoons salt
Pepper to taste
1/4 stick butter (2 tablespoons)

Wash and dry mushrooms and cut into small pieces. Turn into mixing bowl and crush the crackers over them.

Season and add the milk. Mix lightly and turn into buttered casserole. Dot with butter and bake in 350 degree oven for about 45 minutes. When using this for a luncheon casserole use two or three pounds mushrooms.

MUSHROOM AND BACON QUICK SUPPER

1-1/2 pounds fresh mushrooms
4 sprigs parsley, chopped
1 teaspoon finely chopped green pepper
1/2 teaspoon salt
1/2 teaspoon grated onion
Dash nutmeg, thyme, and pepper
1 teaspoon liquid red pepper seasoning
1 teaspoon lemon juice
12 slices bacon
Start oven at (350 degrees)
Rinse mushrooms in cold water. Pull out stems and arrange caps in well buttered baking (shallow) dish. Coarsely chop stems and mix with parsley, onion, green pepper and

seasoning. Scatter over caps, one cup boiling water and Mix liquid red pepper with lemon juice, pour over mixture. Cover and bake about 20 minutes. To serve: spoon hot mushrooms and sauce over hot toast and garnish with crisp broiling bacon. Serves 6.
(Continued on Page 16)

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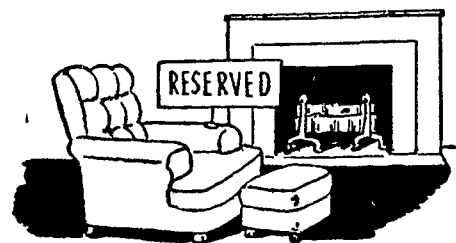
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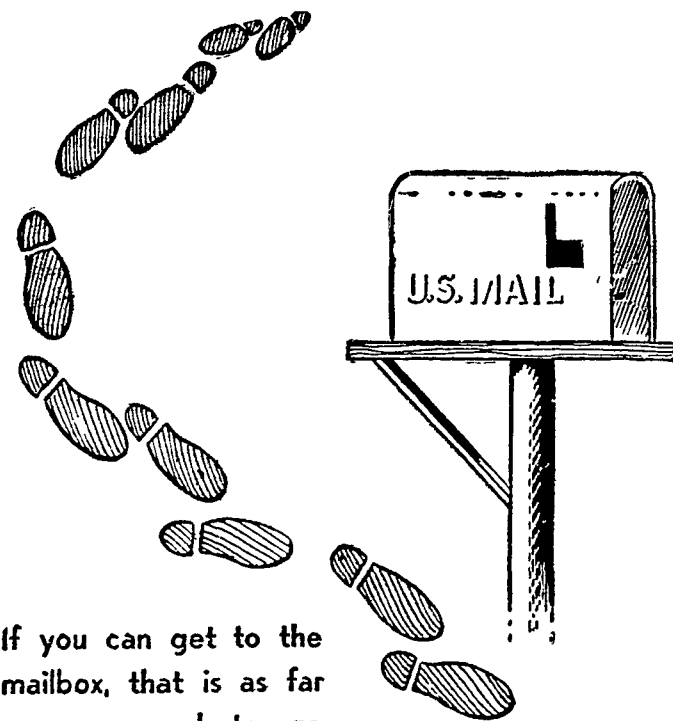
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