



Home on the Range

Mushroom Cookery

Buying

Look for smooth, firm caps. Some peat moss on surface is acceptable. Fresh mushrooms with closed veils (underside attached) give a delicate flavor. Open veils offer a somewhat richer taste.

Storing

Refrigerate immediately and use as soon as possible. Store in paper bag to reduce moisture buildup.

Preparing

Remove any clinging particles with a damp cloth. Rinse quickly and pat dry. Never soak. Trim stems only if they are dry.

Nutrition

Mushrooms are low in calories (only 20 for 5 medium-sized White mushrooms), fat free, cholesterol-free and sodium-free. They are high in riboflavin, and a good source of niacin, pantothenate and copper.

MUSHROOM STEAK

2 pounds cubed or tenderized steak

1 can water

Jiffy Mix or Bisquick

2 tablespoons dry onion soup mix (optional)

1 can mushroom soup

1 small can mushroom pieces (drained)

In frying pan, heat about 3 tablespoons vegetable oil. Roll steak in Jiffy Mix or Bisquick. Season with salt and pepper, if desired. Place in skillet and brown quickly on both sides.

Empty in small bowl, mushroom soup, 1 can water, drained mushroom pieces, and onion soup mix. Stir well, pour over browned steak. Cover with lid and simmer steak at medium temperature for 10 minutes. Turn steak and simmer an additional 10 minutes.

Diana Bigelow

Blair Co. Dairy Princess

BROILED STUFFED MUSHROOMS

12 large mushrooms

3 tablespoons butter

1 small onion, chopped

1 cup fine soft bread crumbs

½ cup chopped cooked bacon

2 tablespoons cream

Salt and freshly ground pepper, rosemary, or oregano to taste

Preheat broiler. Remove and chop the mushroom stems. In a skillet, heat one tablespoon butter, add the onions and chopped mushroom stems, and cook about two minutes. Add crumbs, bacon, enough cream to moisten the mixture and seasonings. Place the mushroom caps on a baking sheet and brush with remaining butter, melted. Broil cup side down, in a preheated broiler about two minutes. Invert and fill with the stuffing. Brush with melted butter and broil about three minutes longer.

Joyce Slaymaker

Strasburg



Hot Asparagus Egg Salad combines mushrooms and asparagus for a springtime taste.

ASPARAGUS SOUP

5-6 potatoes, cut, diced
12-15 stems asparagus, cut into small pieces

1 small onion

2 teaspoons parsley

¼ cup bleached celery leaves

1 rounded teaspoon salt

1 quart milk

5-6 hard-boiled eggs, sliced

Cook potatoes, onion, and celery for one hour. Wash asparagus thoroughly and cook 45 minutes longer. Add milk and hard-boiled eggs just before serving. Very good reheated.

Heidi Miller

Pa. Alternate Dairy Princess

LINGUINE WITH MUSHROOM CAESAR SAUCE

8 ounces linguine, uncooked

2 tablespoons olive oil

1 cup sliced onion

1 pound fresh white mushrooms, sliced (about 5 cups)

1 teaspoon minced garlic

7-ounces roasted red peppers, drained, chopped

¼ teaspoon salt

⅛ teaspoon ground black pepper

1½ cups small Caesar or Italian-flavored croutons

⅓ cup grated parmesan cheese

Fill a large saucepan with salted water; bring to a boil. Add linguine, cook until pasta is firm-tender, about 10 minutes. Drain, reserving ½ cup cooking liquid; set aside. Transfer pasta to a large serving bowl; cover to keep warm.

Meanwhile, in a large skillet over medium-high heat, heat olive oil until hot. Add onion, cook, stirring occasionally, until crisp-tender, about 5 minutes. Reduce heat to medium; add mushrooms and garlic; cook, stirring occasionally, until mushrooms are tender and just release their liquid, about six minutes. Stir in roasted red peppers, salt and black pepper; cook until heated through, about one minute. Add the reserved cooking liquid; pour over linguine. Stir in croutons and parmesan cheese. Serve immediately. Makes 4 servings.

ASPARAGUS CREPES MORNAY

Crepes:

2 eggs

⅓ cup milk

⅓ cup water

2 tablespoons butter, melted

½ cup flour

¼ teaspoon salt

Mornay Sauce:

3 tablespoons butter

3 tablespoons flour

¼ teaspoon salt

Dash pepper

1½ cups milk

¾ cup shredded Swiss cheese

3 tablespoons grated parmesan cheese

2 tablespoons lemon juice

Crepes: Combine eggs with milk, water, and butter. Beat with mixer and add flour and salt. Heat pan over medium-high heat. Brush pan with melted butter. For each crepe, pour ¼ cup batter into pan. Cook until lightly browned. Stack between sheets of waxed paper.

Sauce: In medium pan, melt butter. Blend in flour and seasoning. Stir and cook until smooth and bubbly. Add milk; stir until boiling and thickened. Remove from heat. Stir in cheese until melted and lemon juice.

Steam one pound fresh asparagus until tender; drain. Divide among crepes. Add 6 hard-cooked eggs, chopped, to sauce.

Heidi Miller

Pa. Alternate Dairy Princess

Enter June Dairy Month Recipe Drawing

MUSHROOM QUICHE

⅓ cup sliced mushrooms
1 small onion, finely chopped
4 slices cooked, crumbled - bacon (optional)
⅓ cup shredded cheese
3 large eggs
1½ cup milk or half and half
Salt and pepper
1 pie crust

Line a 9-inch pie plate or quiche pan with piecrust. Flute edges, prick bottom and sides thoroughly with fork. Bake at 450 degrees until lightly browned—about 10-12 minutes. Set aside.

Combine milk, eggs, pinch salt, and two pinches pepper and beat with mixer at medium speed 2 minutes. Stir in onion, mushrooms, and cheese.

Crumble bacon over bottom of cooked pie shell. Pour egg mixture on top and bake at 375 degrees for 35-40 minutes until top is golden brown and knife inserted in center comes out clean. Let stand 15-20 minutes before serving.

Note: Quiche can be prepared a day ahead, cooked, and refrigerated covered. To serve bring to room temperature or microwave on low 3-5 minutes.

Mushrooms In Minutes

Some quick ways to mix nutritious mushrooms into your diet:

- Toss sliced white mushrooms into a salad, or tuck them into a pita pocket with your favorite sandwich filling.
- Saute a big batch of mushrooms (just one kind or a mix) and add to a pasta sauce, casserole or pizza.
- Simmer quartered shiitake or other mushrooms in a soup or stew.
- Roast or grill portabella caps to serve as a vegetarian main dish, or put them in buns with lettuce, tomato and other burger trimmings.
- Stir sauteed mushrooms into scrambled eggs, or fold them into an omelet.

To learn more about mushroom nutrition, e-mail your request with your name and address to info@mushroomcouncil.com or mail your request to: Mushrooms and Your Health, 11875 Dublin Blvd., Suite D262, Dublin, CA 94568. For healthful recipes that also taste great, visit www.mushroomcouncil.com.

Here is an easy recipe to get you started.

Hot Asparagus Egg Salad

4 Kaiser rolls (about 4-inch diameter), uncut

1 package (0.9 ounce) Hollandaise sauce mix

1 teaspoon cornstarch

1¼ cups water

1 teaspoon lemon juice

2 cups fresh asparagus pieces, cooked and drained

½ cup chopped lean cooked ham

1 can (4 ounces) sliced mushrooms, drained

4 hard-cooked eggs, sliced

Preheat oven to 400°F.

Cut ½-inch off tops of rolls. With fork, scrape out insides of bottoms of rolls, leaving ½-inch on bottom and sides. Save crumbs and roll tops for another use. Place rolls on baking sheet and bake until crisp and lightly browned, about 6 to 8 minutes.

In medium saucepan, stir together sauce mix and cornstarch. Slowly stir in water until mixture is smooth. Cook over medium heat, stirring constantly, until mixture boils. Remove from heat and stir in lemon juice.

Stir in asparagus, ham, and mushrooms. Gently fold in eggs. Cook over low heat just until heated through, 2 or 3 minutes. Place rolls on serving plates and fill each with about 1 cup of mixture.

Makes 4 servings.

Nutritional information per serving of ¼ recipe: Calories 310, Protein 18 g, Carbohydrates 39 g, Total Fat 9 g, Cholesterol 225 mg, Sodium 987 mg.

Recipe Topics

If you have recipes for topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients, and clear instructions with each recipe you submit. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

May

26 — Memorial Day Cookout

June

Dairy Recipes From LF's Drawing — Enter Now