



# Home on the Range

## Small Vegetable 'Mushrooms' In Popularity

Mushrooms are mushrooming in popularity. More and more consumers are discovering the taste, texture, and versatility that mushrooms add to many different dishes.

Baked, broiled, sauteed, stuffed, marinated, or served raw, mushrooms add mealtime accent.

Fresh mushrooms are high in potassium, low in sodium, and low in calories — an entire cup of mushrooms contain only 20 calories.

Try this assortment of recipes to taste mushrooms' appeal.

### PORTABELLA MUSHROOMS, BALSAMIC VINEGAR, AND GRILLED CHICKEN PASTA

1 pound bow tie macaroni  
3 to 4 large portabella mushrooms at least 4-inches in diameter with stems (approximately 2 pounds)

Olive oil  
Fresh garlic cloves (approximately 3 large)

Fresh Italian Parsley  
Fresh basil  
Balsamic vinegar  
Ground black pepper  
Chicken broth (½ cup)  
10 chicken breasts, boned  
Fajita seasoning for chicken

Coat the chicken breasts with fajita seasoning and store for several hours or overnight in the refrigerator.

Grill the chicken breasts and slice into bite-size pieces. Set aside.

Clean the mushrooms with a brush. Chop off the bottom of the stems. Cut the mushrooms lengthwise and then chop them into bite-size pieces. Set aside.

Finely chop 3 large cloves of garlic and saute in two batches in approximately ¼ cup of olive oil. Do not brown them. Add the mushrooms and additional olive oil as needed to saute them. Sprinkle liberally with balsamic vinegar. The mushrooms should be firm to slightly limp. Set aside in a glass bowl to cool.

Boil the macaroni in a large pot for 13 minutes. Drain and rinse.

Have a large pasta bowl ready and add approximately ¼ cup of olive oil to the bottom of the bowl. Dump in the macaroni. Add the mushrooms and the sliced chicken and mix together.

Add parsley, approximately less than ¼ cup snipped. Add chopped or snipped basil, ap-

proximately three tablespoons full (do not use dry basil). Salt and pepper to taste. Mix it all together. You can add more vinegar and olive oil as needed.

Serve at room temperature.

Lee Laverty  
Mount Joy

### STUFFED MUSHROOM CAPS

1 pound white mushrooms (about 2 inches across), stems removed, cleaned

1-2 cups Italian style bread crumbs  
1 teaspoon finely minced garlic  
1 teaspoon fresh minced parsley

1 teaspoon fresh minced basil  
½ cup grated Parmesan cheese  
Set mushrooms in a 9x9-inch pan that has been sprayed with vegetable cooking spray. Combine remaining ingredients. This should not be a loose mixture, but should hold together. Fill each mushroom with the filling. Bake for 15-20 minutes in 375 degree oven or until filling is brown. Remove and serve.

For added flavor add:  
½ cup finely chopped crabmeat

OR

Top each mushroom with a small slice of mozzarella cheese and let melt.

Lee Laverty  
Mount Joy

### STUFFED PORTABELLA MUSHROOMS

4 portabella mushrooms  
8 ounces cream cheese  
6-8 ounces crab meat  
1 cup sour cream (non-fat may be used)

½ stick butter  
Stems of the mushrooms, chopped

1 pinch salt and pepper  
1 tablespoon fresh basil, chopped

Mix together all ingredients and spoon mixture into mushroom caps. Bake at 375 degrees just until thoroughly hot.

Lee Laverty  
Mount Joy

### PORTABELLA MUSHROOMS AND ANGEL HAIR PASTA

5 tablespoons of olive oil  
1 large leek or 2 bunches of scallions

4 minced garlic cloves  
6 ounces portabella mushrooms, diced or sliced

1 tablespoon balsamic vinegar  
10 ounces angel hair pasta

Heat the olive oil. Saute the leeks (or scallions) for about 2 minutes. Add the garlic, and saute for another 30 seconds or so. Add mushrooms, and saute until they are wilted and the liquid the mushrooms gave off has evaporated. (I don't mind the liquid, I actually think it works better with it in the end). Then add the vinegar. Stir, season with a bit of salt, and set aside.

Cook the angel hair pasta. (Allowing the veggie mixture to set while the pasta is cooking allows the flavor to enhance itself). When pasta is ready, drain, and add the veggie mixture, and viola, the best tasting pasta dish ever!

Serves: 4-5. Preparation time: 20 minutes.

Lee Laverty  
Mount Joy

### CREAMED STUFFED MUSHROOMS

Stem one pound medium mushrooms. Arrange in shallow pan. Chop stems and add the following:

1 cup finely chopped pecans  
3 tablespoons parsley  
¼ cup butter, softened  
1 clove garlic, minced  
¼ teaspoon thyme  
Salt and pepper

Mix well. Fill mushroom caps. When ready to serve, pour ½ cup heavy cream over all. Bake 350 degrees for 20 minutes.

Shirley Orfanella  
Quarryville

### MARINATED MUSHROOMS

¼ cup white vinegar  
¼ cup water  
½ teaspoon salt  
¼ teaspoon pepper  
1 bay leaf

1 pound small button mushrooms

¼ cup red wine vinegar  
¼ cup water  
½ cup vegetable oil  
1 bay leaf

1 garlic clove  
½ teaspoon sugar  
½ teaspoon parsley  
¼ teaspoon oregano

Salt and pepper to taste

Chopped onion to taste

Combine white vinegar, ¼ cup water, ½ teaspoon salt, ¼ teaspoon pepper, and 1 bay leaf in a saucepan and mix well. Add the mushrooms. Bring to a boil. Boil 10 minutes. Drain, discarding the bay leaf. Combine the red wine vinegar, ¼ cup water, 1 bay leaf, garlic, sugar, parsley, oregano, and salt and pepper to taste in a bowl, and mix well. Stir in onion. Add the mushrooms and toss to coat. Marinate, covered, in the refrigerator. Serve with wooden picks. Yields: 8 servings.

Bounty Of Chester Cookbook  
Heritage Edition

### CREAMED MUSHROOMS

10-ounces fresh mushrooms  
2 tablespoons butter  
2 tablespoons flour  
2 tablespoons milk  
5-ounce can evaporated milk  
Salt and pepper to taste

Rinse the mushrooms gently in cold water. Cut the mushrooms into thin slices. Bring the mushrooms and butter to a boil in a saucepan and reduce the heat. Simmer, covered, for 3 minutes. Do not overcook. Mix the flour



Mushrooms transform even the plainest meals into gourmet fare.

## Featured Recipe

If you want the best mushroom recipes, it makes sense to contact the Mushroom Capital of the United States — Chester County.

A wonderful new cookbook, "The Bounty of Chester County Heritage Edition," contains two chapters of mushroom recipes, using the familiar white button variety and the newer exotic mushrooms. See page B2 for more about this colorful hard-cover cookbook.

When selecting the perfect mushroom, look for smooth, firm, closed mushrooms. Mushrooms are available in three sizes: small, medium, and large.

Small and medium mushrooms are generally used in salads and sautes.

The large mushrooms are served stuffed or broiled, or in soups and stews.

For the best flavor and vitamin content, follow these tips for mushroom care and handling:

- Do not peel mushrooms.
- Rinse mushrooms lightly because they absorb water.
- Do not overcook mushrooms. A good rule to follow is to cook mushrooms for about 10 minutes to avoid drying.
- Store mushrooms in a nonrecycled paper bag in the refrigerator. Storing in plastic accelerates deterioration.

Here is a recipe, from the Terrace Restaurant at Longwood Gardens, printed in the cookbook.

### CHESTER COUNTY MUSHROOM SOUP

1 medium carrot  
½ medium onion  
2 ribs celery  
1 tablespoon butter or vegetable oil  
2 pounds button mushrooms rinsed.  
8 ounces shiitake mushrooms, rinsed  
8 ounces oyster mushrooms, rinsed  
1 tablespoon chopped fresh tarragon  
1 teaspoon salt  
1 teaspoon white pepper  
6 cups chicken or vegetable stock  
2 cups heavy cream  
2 tablespoons melted butter or vegetable oil  
2 tablespoons flour  
Salt and white pepper to taste

Process carrot, onion, and celery in a food processor until minced. Saute the vegetables in 1 tablespoon butter in a heavy stockpot. Process the mushrooms in a food processor until minced. Add to the sauteed vegetables. Sprinkle with tarragon, 1 teaspoon salt, and 1 teaspoon white pepper. Cook 15 minutes. Do not burn. Add the chicken stock and cream. Bring to a boil. Mix 2 tablespoons melted butter and flour in a bowl until smooth. Add to the soup and mix well. Return to a boil. Cook until thickened, stirring constantly. Reduce the heat. Simmer 30 minutes. Season with salt and white pepper to taste. Yield 16 servings.

and milk in a bowl to form a paste. Stir into the mushrooms. Cook over low heat until thick and bubbly. Cook one minute longer. Stir in evaporated milk. Season with salt and pepper. Serve with turkey, ham, or roast beef. Yield: 6 servings.

Bounty Of Chester Cookbook  
Heritage Edition

## 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.

September  
28 — Using Walnuts

October  
5 — National Pork Month  
12 — Using Apple  
19 — Squash, Pumpkins