

# Mushrooms

## PRO CULINARY NUTRITION TIPS & TRICKS



Belonging to the Fungi biological kingdom, mushrooms are neither plant nor animal, containing a unique package of nutritional and flavour compounds that make them truly an X-factor culinary ingredient.

Here are some pro tips and tricks from **Chef Adam Moore** and **Nutrition Scientist Dr. Flav** to making the most of the culinary and nutritional benefits of the mighty mushroom.



Chef Adam Moore



Nutrition Scientist Dr. Flav

### YOUR GUIDE TO

## White mushrooms

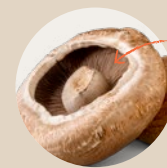
(*AGARICUS BISPORUS* FAMILY)



### SELECT



'Veil' should be attached to stalk on smaller mushrooms



Gills intact and moist on larger ones

- ✓ Smooth appearance, firm (not slippery) dry and plump surface, with uniform colour.

### STORE

- ✓ Original packaging or ventilated cardboard box.
- ✓ Never freeze fresh mushrooms.
- ✓ Sautéed mushrooms can be frozen up to one month.

- ✓ Keeps for up to 1 week in the fridge



### PREPARE



Whole mushroom can be used with no waste.



Whole mushrooms can be washed but should be quickly dried before use.



Stems contain flavour and nutrition. Finely chop if a little tough or use in sauces, soups or stocks.



Don't soak in water or wash sliced mushrooms.



Gently wipe with a damp cloth.



Cook to order and serve immediately. Cooked mushrooms (other than sauces) should not be left to sit in a bain-marie.



A soft pastry brush is best to remove any dirt.



Leave room in the pan for the moisture to evaporate when cooking.

# GETTING THE MOST *flavour* FROM MUSHROOMS



**Sauté** mushrooms with butter or oil and caramelize until golden brown to unleash their flavoursome meaty umami flavour.



**Roast** mushrooms to get more sweet, salty and umami tastes with caramelised, nutty and buttery flavours.



**Sear** mushrooms for a more intense roasted, charred and smoky flavour and overall aroma.

## Roasted **WHOLE** mushrooms are perfect for:

- ✓ vegetarian dishes such as lasagnes or coated as a schnitzel
- ✓ marinated with balsamic and topped with goats cheese for an entrée
- ✓ coated in a tandoori marinade for an alternative burger

“ Mushrooms offer a nutritious, lower salt but still flavoursome way to provide the savoury ‘umami’ taste that can help drive palatability of other foods.

CHEF ADAM MOORE



## For more flavoursome, meaty and plumper mushrooms:

**PRO TIP**

1. In a hot fry pan add the fat (10g), mushrooms (200g), seasonings (1g), and water (50ml)
2. Bring to a boil until water absorbs
3. Sauté until golden brown in the residue

**Try this flavour bomb!** Coat mushrooms in miso paste and sauté or sear them for the ultimate in savoury umami flavour.

**PRO TIP**

**Use bigger mushrooms for enhancing flavour in any recipe!**

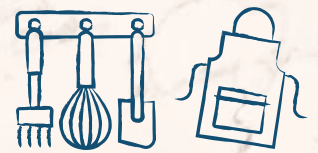
As mushrooms mature, their cell walls break down more easily and release their flavour compounds.

Drying, freezing and boiling are also good methods to degrade cell walls.

**Flat and portobello are more mature mushrooms, often considered the tastiest.**



# MUSHROOM *Inspiration*



Make a mushroom **duxelle** with onion, parsley, thyme and butter for a great breakfast addition or function canapé.



Use mushrooms as a **stuffing** in a chicken instead of bread crumbs for a great flavour boost and gluten free option or a tasty accompaniment.



Mushrooms **perfectly pair with** apples, asparagus, bacon, balsamic or cider vinegar, beef, Brussel sprouts, burrata, butter, cabbage, carrots, cashews, cauliflower, charcuterie, cheese, chicken, chickpeas, chilli, coconut, coriander, cream, eggs, garlic, lamb, leeks, lettuce, limes, oysters, paneer, parsley, peanuts, peas, pork, potatoes, prawns, parsley, salmon, seafood, sourdough and bread, spinach, sweet potato, thyme, white wine, wasabi, and zucchini.



Mushrooms make an amazing **savoury custard** called a chawanmushi, which is a Japanese steamed egg custard that is full of flavour.

*Mushrooms can be used for most dietary needs*

- ✓ Flexitarian
- ✓ Gluten-free
- ✓ Halal
- ✓ Limiting/reducing animal foods
- ✓ Keto
- ✓ Kosher
- ✓ Low-carb
- ✓ Low-fat
- ✓ Low-salt
- ✓ Low-sugar
- ✓ Nut-free
- ✓ Plant-based
- ✓ Vegan
- ✓ Vegetarian

## DID YOU KNOW?

If you put mushrooms straight in the pan with fat, the water coming out of the mushrooms will buffer the temp of the oil and keep it low so you won't get that Millard reaction.



# GETTING THE MOST *nutrition* FROM MUSHROOMS



**Looking to reduce meat or sodium in a meal?**



Simply replace 1/4 to 1/2 of the meat with mushrooms

- ✓ Umami taste and unique meaty texture = Great meat substitute
- ✓ Pasta sauce, stews, casseroles, mince and other mixed dishes

**Need to create a delicious plant-based dish with enough protein?**



Pair mushrooms with a good source of plant protein

- ✓ When replacing meat with mushrooms, add extra plant protein - at least 1 cup legumes or 1/4 cup nuts per person.

**The entire mushroom is edible from CAP to STEM!**

While the **cap** of mushrooms is a richer source of bioactives,<sup>1</sup> its **stem** contains 40% more of the soluble fibre beta-glucan.<sup>2</sup>



**Exposing one portobello mushroom to about 15 minutes of sunlight can provide the same amount of vitamin D as a low dose vitamin D supplement (1000 IU).**

DR FLAV



## GETTING THE MOST VITAMIN D *in your mushrooms*

You can buy UVB exposed mushrooms or easily do it yourself!



**1 Spread out the mushrooms**

**2 Put in the sun for about 15 minutes**



**Increasing surface area** to UVB light helps increase the amount of vitamin D that is made, so face 'gills' (the underside of the mushroom) to the sun or slice mushrooms for maximum vitamin D.<sup>3</sup>



**Vitamin D is stable during cooking** mushrooms, particularly at low temperatures, and for up to 8 days refrigeration.<sup>3,4</sup>



**Adding lemon juice** to mushrooms when cooking can help to retain their vitamin D content.<sup>5</sup>

**References:** 1. Vetter. Food Chemistry. 2007;102:6-9. 2. Sari et al. Food Chem. 2017;216:45-51. 3. Roberts et al. J Agric Food Chem. 2008;56(12):4541-4. 4. Ng et al. Journal of Food Science and Technology. 2017;54(12):4100-11. 5. Ložnjak et al. Food Chem. 2018;254:144-9

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