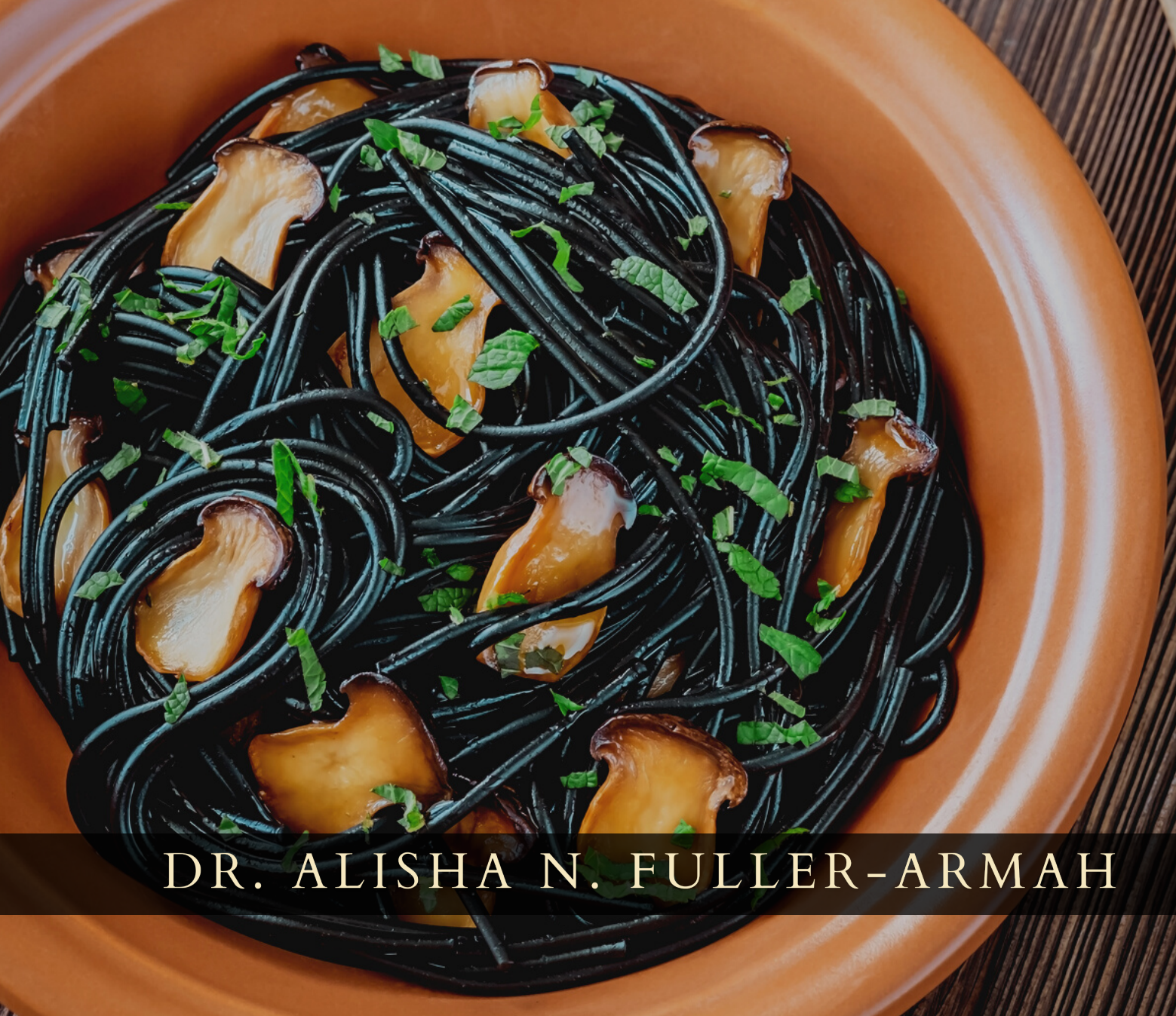




Recipes to Celebrate
M U S H R O O M S



DR. ALISHA N. FULLER-ARMAH

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Warm Asparagus, Mushroom + Pepper Salad

SERVES: 4

PREP TIME: 20 MINUTES

COOK TIME: 15 MINUTES

INGREDIENTS

- 250g Deer Manor® Mushrooms, sliced
- 200g fresh asparagus, trimmed and cut into bite-sized pieces
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1 orange bell pepper, thinly sliced
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried thyme
- Salt and pepper to taste
- Juice of 1 lemon
- Zest of 1 lemon

DIRECTIONS

- Preheat your oven to 200°C (400°F).
- In a large mixing bowl, combine the sliced mushrooms, asparagus pieces, and sliced bell peppers.
- Drizzle olive oil over the vegetables, add minced garlic, dried thyme, salt, and pepper. Toss until the vegetables are evenly coated.
- Spread the seasoned vegetables on a baking sheet in a single layer. Roast in the preheated oven for about 15-20 minutes or until the vegetables are tender and slightly browned, stirring halfway through.
- Remove from the oven and transfer the roasted vegetables to a serving platter. Drizzle with fresh lemon juice and sprinkle lemon zest over the top.
- Serve the warm salad.



Black Pasta with Mushroom Scallops

SERVES: 2

PREP TIME: 15 MINUTES

COOK TIME: 15 MINUTES

INGREDIENTS

- 250g Deer Manor® Mushrooms
- 200g black pasta
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp squid ink
- Salt and pepper to taste
- Nigella seeds for garnish

DIRECTIONS

- Slice the Deer Manor® Mushrooms into scallop-like rounds.
- Cook black pasta according to package instructions; reserve a cup of pasta water before draining.
- In a pan, heat olive oil and sauté minced garlic until fragrant.
- Add mushroom scallops, squid ink, salt, and pepper; cook until mushrooms are tender.
- Toss cooked pasta into the pan, adding reserved pasta water if needed for a silky sauce.
- Garnish with nigella seeds.



Szechuan Mushrooms

SERVES: 4

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

INGREDIENTS

- 250g Deer Manor® Mushrooms, sliced
- 2 tbsp honey
- 1 tbsp soy sauce
- 1 tbsp chili garlic sauce
- 1 tbsp sesame oil
- 2 cloves garlic, minced
- 1 tsp ginger, minced
- 1 tbsp sesame seeds, toasted
- Green onions, sliced, for garnish
- Cooked rice or noodles for serving

DIRECTIONS

- In a bowl, whisk together honey, soy sauce, chili garlic sauce, and sesame oil to create the marinade.
- Heat a pan over medium-high heat. Add minced garlic and ginger, sautéing until fragrant.
- Add sliced Deer Manor® Mushrooms to the pan, cooking until they release their moisture and become golden brown.
- Pour the marinade over the mushrooms, stirring to coat evenly. Allow it to simmer for 2-3 minutes.
- Sprinkle toasted sesame seeds over the mushrooms, stirring to incorporate the nutty flavour.
- Remove from heat once the sauce thickens and coats the mushrooms.
- Serve Szechuan Mushrooms over cooked rice or noodles.



See Page 5 for
Vegan Substitutions



Open-Top Mushroom Pie

SERVES: 5

PREP TIME: 15 MINUTES

COOK TIME: 35 MINUTES

INGREDIENTS

- 500g Deer Manor® Mushrooms, whole if oyster
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 200ml vegetable broth
- 200ml heavy cream
- 30g all-purpose flour
- 30g butter
- Salt and pepper to taste
- Fresh herbs for garnish
- 500g mushroom pastry sheets, thawed (see recipe on page 105)

DIRECTIONS

- Sauté onions and garlic, add Mushrooms leaving a few aside to decorate top layer.
- Stir in flour, vegetable broth, and cream. Simmer until thickened.
- Season and let the filling cool.
- Preheat oven to 200°C.
- Roll out pastry, line the pie dish and allowing pastry to extend beyond edges of dish.
- Pour in the cooled Mushroom filling and top decoratively with remaining mushrooms.
- Fold remaining pastry to form a decorative edge.
- Bake at 200°C for 25-30 minutes until golden brown.
- Garnish with fresh herbs.
- Slice and serve warm.