

Rain Forest Mushroom Co.

2007 Mushroom Recipes

We grow a variety of mushrooms throughout the year. All our mushrooms are grown indoors on hardwood sawdust and spring water, and are certified organic through Oregon Tilth. **For proper storage all mushrooms need to be refrigerated in a paper bag.** Also, **all mushrooms should be cooked.** There is no need to wash our mushrooms. Mushrooms are good for your immune system (especially Maitake) and have a good source of protein and vitamins. **All mushrooms are great sliced and sautéed in butter/oil and garlic,** then eat or add to your favorite dish such as: pizza, pasta, rice, vegetables, meat, bread, etc... Here are a few favorites:

Lion's Mane Quiche

1 Pastry shell	Dash of salt and pepper
1 ½ cups grated cheese	1 cup Milk
1 Medium onion, diced	2 Tbsp. Flour
½ lb. Lion's Mane Mushrooms, thinly sliced	¼ tsp. dry mustard
1 Tbsp. Butter	3 eggs
1 Tbsp. Olive oil	

Cover bottom of pastry shell with cheese. Sauté mushrooms and onion in a mixture of 1 Tbsp of butter and 1 Tbsp of olive oil until softened. Place mushrooms/onion mixture on top of cheese. Add salt and pepper to taste. Beat together flour, eggs, milk, and dry mustard and pour over the mushrooms layer. Bake at 375 degrees or until the center is firm.

Yukon Gold Potato and Wild Mushroom Gratin with Blue Cheese

5 oz crumbled blue cheese (about 1 ½ cups, room temperature) (Such as Stilton, Gorgonzola, or Maytag blue)	1 ½ Tbsp butter
1 lb. mixed fresh mushrooms (Shiitake, Maitake, Oyster...)	1 ½ tsp chopped fresh thyme or ¾ tsp dried
2 ½ cups whipping cream	1 tsp. salt
2 lbs. Yukon Gold potatoes, peeled, very thinly sliced into rounds	½ tsp. pepper

Position rack in top 1/3 of oven and preheat to 400°. Butter 13x9x2-in glass baking dish. Place cheese in medium bowl; add ½ cup cream. Using fork, mash mixture to chunky paste. Mix in 1 tsp salt and 1/2 tsp pepper. Mix in remaining 2 cups cream. Melt butter in heavy large pot over medium-high heat. Add mushrooms and herbs and sauté until mushrooms are tender and liquid cooks away, about 8 min. (Cheese sauce and mushrooms can be made 8 hrs. ahead, Cover separately & chill). Arrange half of potatoes on bottom of prepared dish. Spoon ¾ cup cheese sauce evenly over. Top with all of mushrooms mixture, ¾ cup cheese sauce, then add remaining potatoes. Top with remaining cheese sauce. Cover dish with foil. Bake gratin 30 minutes, then uncover and bake until potatoes are tender, top is golden brown and sauce is thickened, about 30 minutes longer. Let stand 10 minutes; serve hot.

Hungarian Mushroom Soup

1 lb. fresh mixed mushrooms (Shiitake, Maitake, Oyster...)	1 Tbsp tamari (Soy sauce)
2 cups chopped onions	1 tsp salt
4 Tbsp butter	2 cups chicken, vegetable stock, or water
3 Tbsp flour	¼ cup chopped fresh parsley
1 cup milk	2 tsp fresh lemon juice
1-2 tsp dill weed	Fresh ground black pepper or to taste
1 Tbsp Hungarian paprika	½ cup sour cream

Sauté onions in 2 Tbsp butter, salt lightly. A few minutes later add mushrooms 1 tsp dill ½ cup stock (or water), tamari and paprika. Cover and simmer 25 minutes. Melt remaining butter in a large saucepan; whisk in flour, cook while whisking (a few minutes). Add milk; continue to cook, stirring frequently over low heat, about 10 minutes until thick. Stir in mushroom mixture and remaining stock. Cover and simmer 10-15 minutes, just before serving add salt, pepper, lemon juice, sour cream, and if desired additional dill. Serve garnished with parsley.

Lion's Mane Gravy

½ lb. Lion's Mane Mushrooms, sliced or chopped	2 cups light cream (or milk of choice)
3 Tbsp. butter	2 cups water
¼ cup chopped onion	3 Tbsp. flour

Combine water and 2/3 of mushrooms, simmer for 20 minutes. In separate pan, sauté butter, remaining mushrooms and onions until brown. Sprinkle flour mixture over the mushroom/onion mix and cook several minutes. Combine cream (or milk) and water mixture and add to the sauté mix. Simmer in an open pan until desired consistency is reached. Serve over pasta, biscuits, etc... Another great addition to the recipe: Add some seafood, like shrimp or crab...

Stuffed Mushrooms

1 lb. bulk sausage	½ cup seasoned bread crumbs
1 lb. fresh Shiitake Mushrooms (bite size)	1 tsp. dried rubbed sage
2 garlic cloves	½ tsp dried sage
½ small yellow onion, finely chopped	Salt and pepper to taste
4 Tbsp fresh parsley, finely chopped	½ cup Parmesan cheese

Preheat oven to 400°. Remove stems from mushrooms. Chop stems and sauté in butter with onion and garlic until soft (about 4 min). Remove from pan. Sauté sausage until brown, and drain. Place sausage and mushroom mixture in food processor; add remaining ingredients, except cheese. Pulse until mixture is finely textured, taste to adjust seasoning. Stuff each remaining mushroom cap with sausage mixture, and top with cheese. Place filled caps on baking sheet and bake for 15-20 min. until mushrooms are cooked. Sausage filling can be made up to 2 weeks in advance without the mushroom stems and frozen.

Chicken Mushroom Fajitas

8 oz cream cheese, softened	1 small red onion, thinly sliced
½ lb. mixed fresh mushrooms (Maitake, Shiitake, Oyster...)	1 green bell pepper, thinly sliced
1 tsp. fajita seasoning	1 red bell pepper, thinly sliced
1 Tbsp chopped cilantro	½ tsp salt
½ tsp garlic powder	2 boneless/skinless chicken breasts, sliced into strips
4 Tbsp oil	4 8-in flour tortillas

In a small bowl, stir together cream cheese, fajita seasoning, cilantro, and garlic powder; set aside. In a large skillet over med-high heat, heat 1 Tbsp oil; sauté mushrooms until softened and liquid has evaporated, 3-4 minutes. Scrape into bowl and set aside. In same skillet heat 2 Tbsp oil over med-high heat. Add onion, peppers, and salt and sauté until crisp-tender (about 4 min). Place in bowl with mushrooms. Heat 1 Tbsp oil in skillet and add chicken. Cook over med-high heat until just opaque throughout, about 2 min. Toss with vegetable and heat through. Place tortillas on a microwavable plate and microwave about 15 seconds on high, until warmed. Divide cream cheese mixture into four portions and spread over each tortilla. Spoon chicken/vegetable mixture over cream cheese, roll up and serve. Makes 4 fajitas.

Great Mushroom Soup

6 Tbsp. unsalted butter	6 oz. Shiitake Mushrooms, sliced, and stems trimmed	1 tsp salt
1 cup chopped yellow onion	6 oz. Oyster Mushrooms, sliced	1 ½ tsp minced garlic
½ cup chopped celery	8 oz. Other Mushrooms (Maitake, crimini ...)	6 c. chicken/veg broth
¼ tsp cayenne (red) pepper	½ tsp black pepper	1/3 c. brandy
2 tsp fresh thyme leaves	1 ½ c. heavy cream	

In a large pot, melt butter over med-high heat. Add onions, celery, and cayenne and cook until soft, about 4 min. Add garlic, cook 30 seconds. Add mushrooms, thyme, salt/pepper, and cook until mushrooms start to turn brown, about 7 min. Add the brandy, bring to a boil and cook until glazed, about 2 min. Add the stock and return to a boil. Reduce heat to med-low and simmer uncovered, stirring occasionally, for 15 min. Remove from heat. Add the cream, return to a simmer, and cook for 5 minutes. Remove from heat and adjust seasoning to taste.

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