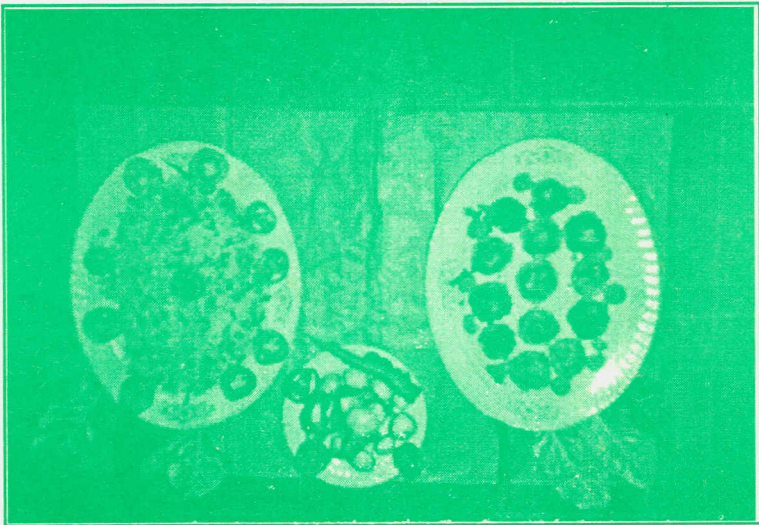


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MUSHROOM RECIPES



ICAR RESEARCH COMPLEX FOR GOA
Ela, Old Goa - 403 402

MUSHROOMS

Mushrooms are popular as a delicacy and have good nutritive value. It is a well established fact that they are excellent source of vitamins and minerals. Fresh mushroom contains about 85% to 95% moisture, 3% proteins, 4% carbohydrates, 0.3-0.4% fat and 1% minerals. Mushrooms are good source of Thiamine, Riboflavin, Niacin and Ascorbic acid. Being low in sodium content they are useful in adding flavour to dishes served without salt. During cooking there is loss of vitamin B in the juice, but in soup or souffles the vitamins will remain intact. With low carbohydrates and fat contents, they constitute an ideal diet for diabetic patient. Though mushrooms have found a prominent place in Indian cuisine, the housewife is often hesitant to cook mushrooms mainly due to the ignorance about their edibility or lack of knowledge on methods of cooking.

Few points to be kept in mind while cooking mushrooms:

1. Mushrooms like vegetables are purely vegetarian diet.
2. Mushrooms should be purchased fresh. If stored, they should not have a decaying rotten smell and slimy appearance.
3. Before cooking, mushrooms should be cleaned with water to remove all adhering debris.
4. Peeling or scrapping the outer skin of mushrooms is not advisable as it is not only time consuming but also results in loss of nutrients.
5. Mushrooms unlike vegetables retain their shape and do not dissolve with gravy while cooking.
6. Mushrooms can be blended with other ingredients as per the individual taste preference.
7. Edible mushrooms should be identified and differentiated from other non-edible poisonous ones.

MUSHROOM RECIPES :

(I) Mushroom Prawn Cutlets

Ingredients :	Mushroom	-50 g
	Prawn	- 50 g
	Tomato	- 100 g
	Onion	- 100 g
	Coriander leaves	- One small bunch
	Potato	- 200 g
	Ginger	- small piece
	Garlic	- 5-6 pods
	Haldi powder	- one teaspoon
	salt to taste	
	Green Chillies	- 6 to 7
	Rawa	- 100 g
	Ghee for frying	- 100 g

Method :

- 1) Shell the prawns and keep aside.
- 2) Boil the potatoes and peel it.
- 3) Chop onion and tomatoes.
- 4) Grind coriander leaves, ginger, garlic and green chillies into a paste.
- 5) Mash potatoes and slice mushrooms.
- 6) In a vessel, heat ghee, fry onion, green masala and tomatoes.
- 7) Fry till onion and tomatoes are soft.
- 8) Add prawns, mushrooms and mashed potatoes.
- 9) Add salt, haldi powder to it.
- 10) Make the above mixture in to balls, roll it in rawa and shallow fry in ghee on tawa.

Total cost - Rs. 25/- Cost per serving - Rs. 5/- of serving with two cutlets for each serve.

Nutritive value per serving: Proteins - 5.8 g
Calories - 292 cal. Niacin - 1.2 mg

(II) Mushroom Fried Rice

Ingredients :	Rice	- 100 g
	Mushroom	- 50 g
	Green peas	- 50 g
	Carrot	- 50 g
	Capsicum	- 100 g
	Ajinomotto powder	- Pinch
	Lemon	- 1
	Bay leaves	- 2 Nos.
	Cinamon	- 2 to 4 pieces
	Clove	- 5 to 6
	Pepper	- 7 to 6
	Oil	- 80 ml
	Spring onion	- 25 g

Method :

- 1) Boil the rice till it is partially cooked then add salt, bay leaf and drain the rice.
- 2) Slice the mushrooms, carrots and capsicum.
- 3) Boil green peas and carrots.
- 4) In a vessel, heat oil and fry cloves, cinamon, pepper then add capsicum fry for sometime then add remaining vegetables and ajinomotto powder and fry till vegetables are soft.
- 5) Add rice to the cooked vegetable, oil and lemon juice.
- 6) Cook for 2 minutes.
- 7) Serve hot.

Total cost Rs. 18/- No of serving - 2
Cost per serving - Rs. 9/- Nutritive value/serving:
Calories - 431 cal. Protein - 7g

(III) Sweet and Sour Mushrooms

Ingredients :	Mushroom	- 100 g
	Cauliflower	- 25 g

Pepper powder	- 1 teaspoon (tsp)
French beans	- 10 g
Carrot	- 25 g
Capsicum	- 50 g
Onion	- 25 g
Maida	- 10 g
Cornflour	- 20 g
Tomato	- 150 g
or tomato ketchup	- 2 tablespoon
Oil for frying	- 60 ml

Method :

- 1) Clean and cut vegetables into cubes.
- 2) Make a batter with maida and cauli flower, pepper powder and salt.
- 3) Cook the tomatoes and make a puree.
- 4) Dip the mushroom and other vegetables into batter and fry till golden brown.
- 5) In a vessel, fry onion and capsicum till it is soft.
- 6) Add tomatoe puree or ketchup, boil it then add fried vegetables and salt and simmer for sometime.

Total cost - Rs. 18/- No. of serving -2
Cost/serving - Rs. 9/- Nutritive value/serving :
Calories - 450 cal. Protein - 6.3 g

(IV) Mushroom Pizza

Ingredients :	Refined flour	- 60 g
	Fresh yeast	- 5 g
	Salt	- 1/2 tsp
	Mushroom	- 50 g
	Tomato	- 75 g
	Onion	- 20 g
	Cheese	- 20 g
	Butter	- 1 tsp
	Garlic	- 1 Flake
	Chilli powder	- 1 pinch

Methods :

- 1) Sieve the flour with salt. Mix the yeast into flour and add enough water to make a dough. Cover the dough till it becomes double in size and knead the dough.
- 2) Roll out the dough to 1 cm thickness.
- 3) Grease the pizza tray and place the rolled out dough into tray.
- 4) Chop the onion, tomatoes and mushrooms.
- 5) Saute the onion, garlic tomatoes, mushrooms, chilli powder and salt.
- 6) Cook for 5 to 6 minutes.
- 7) Spread the mixture over the rolled dough and sprinkle with grated cheese.
- 8) Bake in a very hot oven for 20 minutes.

Total Cost - Rs. 14/- Cost/serving - Rs. 7/-
No. Serving - 2 Nutritive value / serving :
Calories - 216 cal. Protein 7.7 g

(V) Mushroom Omelet

Ingredients : Butter - 3 tsp.
Mushroom sliced - 50 g
Eggs - 4
Cream - 10 g
Salt and pepper to taste

Method :

- 1) Melt 1 teaspoon butter in a pan. saute mushroom till soft.
- 2) Beat eggs, cream, salt & pepper.
- 3) Melt 1 teaspoon butter in pan.
- 4) Pour in eggs, cook till underside of omelet is cooked.
- 5) Put mushroom in the centre.
- 6) Fold just enough to set the eggs and serve hot.

*Total cost - Rs. 15/-
Cost/serving Rs. 7.50
Protein 15 g

No. of serving - 2
Nutritive value per serving
Calories 257 cal.

(VI) Mushroom Khurma

Ingredients : Mushroom - 100 g
Peas - 25 g
Potato - 25 g
Tomato - 50 g
Green chillies - 4 to 5
Onion - 2 big size
Coriander leaves - one bunch
Coconut - 20 g
Garlic - 5 to 6 pods
Ginger - small piece
Clove - 4 to 5,
Pepper - 2 to 3,
Cinamon - small piece
haldi powder - 1/2 tsp.

Method :

- 1) Cut all the vegetables into pieces partially cook them except mushrooms and tomatoes.
- 2) Make a paste of coriander leaves, green chillies, ginger and garlic.
- 3) Chop the onion and tomatoes.
- 4) Slice the mushrooms.
- 5) In a vessel, heat ghee, fry onion, tomatoes and green masala.
- 6) Add sliced mushroom, cooked vegetables and masala powder.
- 7) Add coconut milk, salt & haldi powder.
- 8) Serve hot.

Total cost - Rs. 15/-
No. of serving - 2
Protein - 6.7 g

Cost/serving - Rs. 7.50
Nutritive value/serving
Calories - 196 cal.

(VII) Mushroom Nonveg Soup

Ingredients : Mushroom - 100 g
Meatstock - 250 ml
Onion - 50 g
Tomato - 50 g
Milk - 20 ml
Butter - 10 g
Maida Refined flour - 1 tablespoon
Salt and pepper to taste

Method :

- 1) Boil mushroom & meatstock for 15 - 20 minutes.
- 2) Heat butter and fry refined flour slightly then add onion & tomatoes. Add milk and cook for 2 minutes.
- 3) Add cooked mushroom along with meatstock.
- 4) Add salt and pepper.
- 5) Serve hot.

Total cost - Rs. 20/-

Nutritive value/serving :
Calories - 163 cal.

Cost/serving - Rs. 10/-
Protein - 5.5 g

(VIII) Mushroom Bhajia

Ingredients : Mushroom - 100 g
Onion - 50 g
Green Chillies - 5 to 6
Besan - 150 g
Coriander leaves - 1/2 bunch (small)
Jeera - 1 tsp.
Haldi powder - 1/2 tsp.
Chilli powder - 1/2 tsp.
Oil for frying - 80 ml
Salt to taste

Method :

- 1) Chop the onion & slice the mushroom.
- 2) Mix all ingredients and make batter for bhajia.
- 3) Fry in oil.

Total Cost - Rs. 16/-
Cost/serving Rs. 8/-
Protein - 7.6 g

No. of serving - 2
Nutritive value/serving:
Calories 540 cal.

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Director
ICAR Research Complex for Goa.
Ela, Old Goa - 403 402.

Text prepared by : **Mrs. Sunetra M. Talaulikar**

Edited by : **S. Subramanian and RNS Sundaram**