



**RESCUING FOOD • NOURISHING COMMUNITIES**

**FOOD CARD**

# MUSHROOMS



## AVAILABLE

All year.

## STORE

**Fresh mushrooms:** In a paper bag in the fridge.

**Dried mushrooms:** In a cool, dry cupboard.

## EAT

Raw or cooked.

## PREPARE

**Fresh Mushrooms:**

1. Wipe the cap and stalk with a damp cloth or a paper towel. Do not wash.
2. Slice or halve.

**Dried mushrooms:**

3. Soak in water for approx 30minutes (until soft). Use as you would fresh mushrooms.

## COOK

**Saute:** In a frypan. Heat approx 1T of oil. Add mushrooms. Cook 4-5 mins, stirring occasionally (until tender and light brown).

**Microwave:** In a microwave safe dish with 1T water. 3-4 mins.

**Grill:** On high. Turn once. 5 mins.

**Roast:** In preheated oven at 180°C. Turn once. 10-15 mins.

## AVOID WASTE

**Freeze:** Cook. Cool. Freeze in bags or containers.

**Make soup:** There are lots of recipes online. Soup can be frozen in serving sized containers.

## TASTY IDEAS

- Eat raw with dips.
- Add to soups, sauces, stews, stirfries, omelets, pizza, pies and salad.
- Barbecue Portobello mushrooms or grill with some cheese.
- Fast food tip: Slice some mushrooms. Microwave or pan fry. Serve on toast or with a baked potato.
- Serve sauteed mushrooms with ground pepper as a traditional steak topping.