

Vegetable Main Dish Recipes Vol. 12

Mushrooms

can be eaten raw or cooked,
and you can enjoy eating
them in many different
ways.

Mushrooms are easy to incorporate into your daily diet because they are grown throughout the year and are always available in the market. There are two main types: white and brown. White mushrooms have a mild taste, and can be sliced thinly into salads to enjoy its crispy texture. Their brown counterparts have a richer taste and aroma making them a great choice for stews and stir-fries. **By Makiko Hei**

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Nutrition of Mushrooms

Mushrooms are rich in insoluble fiber, which absorbs water and swells. They not only help relieve constipation by increasing the stool volume and stimulating intestinal activity, but also slow the absorption of carbohydrates, suppressing blood sugar spikes, and facilitating the elimination of cholesterol from the body.

In addition, they contain vitamin B1, which promotes the metabolism of carbohydrates, and vitamin B2, which promotes the metabolism of fat, and are low in calories at 11kcal per 100g. So they are highly recommended for those who want to lose weight.

How to choose mushrooms

Here's what to look for when selecting mushrooms. Make sure the tops are not excessively open. They should look plump and fresh, free of discoloration or blemishes. Note that in some cases, the inside of the mushroom is black when you cut it open, but this is just part of the maturing process, and these will taste fine after you cook them.

However, if the entire tops or stems are turning black or you notice a strange odor or sliminess, these

mushrooms may have begun to rot, and you should avoid them.

How to store mushrooms

To store mushrooms in the refrigerator, wrap them in a paper towel inside a storage bag. Use them up within three or four days. You can store them in the freezer for about a month. Dab off any dirt with a paper towel, slice them into easy-to-cook sizes, place them in a storage bag, and then seal and freeze, leaving as much air as possible in the bag. This will keep the pieces from sticking together when it's time to cook them. If you freeze mushrooms, cook them, don't eat them raw after thawing. Freezing also has the benefit of doubling the amount of flavor component (guanylic acid) in the mushrooms.

Cooking tips

Mushrooms are often sold with mud or dirt on them, and you may be tempted to wash them, but in general, mushrooms don't need to be washed! Gently wipe them with a paper towel, as washing will remove nutrients and spoil the flavor. Specialized mushroom brushes are also available.

Fresh Mushroom Salad

The salad is simply seasoned to showcase the texture and rich aroma of raw mushrooms!

Cooking time: 20 minutes

[Ingredients] 2~3 servings

5 large mushrooms (diameter around 5cm, 150g)

* Make sure you have fresh ones.

7g Parsley

10g Parmigiano cheese

1/2 lemon

Extra virgin olive oil as needed

1 teaspoon pink peppercorn

(or black pepper to taste if not available)



[How to cook]

1. Gently remove any dirt from the mushrooms with a paper towel, cut stems so they are from 5 mm to 1 cm long, and cut into 2 mm thick slices.
Finely chop parsley and grate Parmigiano cheese.
2. Lay the mushrooms flat on a plate and top with parsley and Parmigiano. Finish topping with pink peppercorn, crushing them with your fingers.
3. Garnish with lemon, and drizzle olive oil and squeeze lemon juice over the whole just before eating.



Tips

This salad is delicious on a lightly toasted baguette or as a sandwich. It is also highly recommended as a topping (generously) for omelets and scrambled eggs. For this recipe, we used white mushrooms, but fresh brown mushrooms would also work. Please try it!



Fried Whole Mushrooms

Fry them whole to fully enjoy flavorful, juicy mushrooms!

Cooking time: 25 minutes

[Ingredients] 2~3 servings

8 large mushrooms (diameter around 5cm)

Breadcrumbs as needed

Rice oil (deep-frying oil) as needed

[Batter]

1 egg

3 tablespoons flour

1 1/2 tablespoons water

[Sauce: Honey mustard mayonnaise]

1 tablespoon whole grain mustard

1 tablespoon mayonnaise

1/2 teaspoon milk

1/2 teaspoons honey



[How to cook]

1. Gently remove any dirt from the mushrooms with a paper towel, and cut stems so they are from 5 mm to 1 cm long. Mix ingredients for batter and sauce, separately.
2. Dip the above (1) mushrooms into the batter, thoroughly coat with breadcrumbs, and fry in oil at medium heat (170-180°C) for about 2 minutes to bring out the aroma.
3. Serve in a bowl and garnish with sauce.



Profile

Makiko Hei

I love vegetables. I try to handle them with care and cook them simply but luxuriously, with the motto "Let's make our daily meals delicious regardless of the genre of the dishes."

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