

Mushroom Recipes



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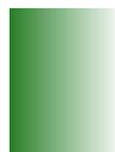


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Foreword

This mushrooms recipe book is a guide to preparation of mushrooms for food. The purpose of this book is to allow Kenyans to replicate some of the traditional and modern recipes and enhance the utilization of mushrooms as food. This book has compiled together the modern and traditional mushroom recipes. Part one of this guide focuses on modern recipes while part two traditional ones.

Enjoy your mushroom dish.

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Ingredients



Assorted ingredients

Mushrooms

Cultivated fresh mushrooms are seasonal while dried mushrooms (whole, shreds or powdered form) are available all year round. Dried mushrooms can be easily reconstituted by soaking in hot water for 20-30 minutes. They are excellent when added to soups and stews. The drying process tends to concentrate their flavour, thus only a small amount is required to enhance the flavour of a dish.

Mushrooms should always be cleaned carefully before cooking. There is no need to peel the stems before cooking, unless they are thick or discoloured. Small mushrooms can be cooked whole, halved or quartered; larger ones are best sliced, chopped or stuffed whole. Butter, cream,

parsley and garlic all add flavour to mushrooms. Use them in, sauces, curries, bakes, omelettes and stews, as well as salads. Fresh mushrooms can be stored in the refrigerator for up to 7 days after the day of purchase.

Coriander

Fresh coriander, also known as *dhania* or cilantro is a popular and versatile ingredient that is readily available all year round and is utilized in all manner of ways. It has a pungent and slightly citrus flavor. Its leaves and stems are used.

Ground coriander is made from coriander seeds and has an almost sweet and spicy flavor. It is readily available in local supermarkets and shops.

Chillies

There exists a wide variety of chillies, and generally the smaller the chilli the more fierce the heat. Also, red chillies are milder than green ones because they become sweeter as they ripen. The heat is concentrated in the seeds thus removing the seeds generally reduces the heat of the chillies.

Dried form has a more concentrated flavour and is hotter. Chilli powder is made from the dried chillies and can also be mixed with other spices.

Ginger

Fresh ginger has a pungent and spicy taste. It is more preferred than the powdered variety as much as possible because the fresh one has more flavour.

Part 1: Recipes with Modern Influences

RECIPES

Mushroom soup with chicken

Ingredients

500 g chicken thighs

2 large onion, chopped

1 tea spoon of grated ginger

1 litre chicken stock

100 g fresh button mushroom, thinly sliced

Salt and pepper to taste

Method

1. Heat some oil in the cooking pan and fry the onions until soft. Add ginger and stir briefly then add the chicken stock. After one minute, add the chicken pieces and simmer gently for 20 minutes.
2. Add the rest of the ingredients and cook until the mushrooms are soft and tender.
3. Season the soup with salt and pepper and remove from the fire.
4. Serve immediately.

Beef and Mushroom Pancake

Ingredients

For the pancake

50 g wheat flour

A pinch of salt

1 level teaspoon mushroom seasoning

1 egg

150 ml fresh milk

Salad oil, ¼ cup

Ingredients

For the filling

¼ cup salad oil

1 large onion

1 teaspoon fresh ginger

1 teaspoon fresh garlic

250g lean steak, cut into thin strips

100g button mushrooms

1 tablespoon soy sauce

½ teaspoon mushroom seasoning

Salt and pepper to taste

Method

1. Mix all the ingredients for the pancakes except the oil using a food processor or whisk them together until you obtain a smooth batter with no lumps.
2. Heat a little oil in a pan and add enough batter to thinly coat the base of the pan. Cook until the pancake turn golden brown. Turn the pancake and cook the other side as well. Utilize the remaining batter in a similar matter until it is all exhausted. Makes 8-10 pancakes. Keep warm.
3. In another *sufuria*, heat the oil and fry the onions until they turn golden brown. Add ginger and garlic while stirring for about one minute. Add the beef strips and mushrooms and cook while turning until the meat is cooked properly cooked. Add the remaining ingredients and cook for about two minutes.
4. Spoon the filling into each pancake, fold into halves or quarters and serve hot.

Mushroom Rolls

Ingredients

¼ cup salad oil for frying

1 large onion, chopped

1 teaspoon fresh garlic

1 large carrot, cut into small cubes

½ cup peas

100 g button mushrooms, finely chopped

½ teaspoon mushroom seasoning

Salt and pepper to taste

Pre-prepared spring roll wrappers (available at local supermarkets, frozen goods section)

Method

1. In a saucepan, heat the oil and add the onion, garlic, carrots, peas and mushrooms. Fry until the mushrooms are soft and tender. Season with the mushroom seasoning, salt and pepper. Cook for one more minute and remove from the fire. Set aside to cool.
2. Brush the sides of a wrapper with wheat flour paste. Spoon a mixture of the vegetables on to the wrapper, at the centre. Fold the wrapper edge over the filling, fold in the left and right sides. Brush the folded edges with the wheat paste and finally roll it up completely. Repeat the procedure for the remaining ingredients.
3. Deep fry the rolls until they are golden brown and crispy. Drain and serve hot.

Beef Meatballs with Mushroom Seasoning and Tomato Sauce

Ingredients

For the meatballs

500 g lean minced meat
1 small bunch of *dhania*, finely chopped
1 teaspoon chives
1 small onion, finely chopped
1 teaspoon garlic
1 teaspoon mushroom seasoning
Salt and pepper to taste
1 egg
Oil for deep frying

For the sauce

3 large onions, chopped
500g tomatoes, chopped
1 teaspoon garlic
1 teaspoon ginger
1 tablespoon tomato paste
1 small bunch of parsley, finely chopped
500 ml chicken stock
2 tablespoons corn starch
¼ cup balsamic vinegar
Salt and pepper to taste



Beef Meatballs with Mushroom Seasoning and Tomato Sauce

Method

1. Combine all the ingredients for the meat balls except the oil for deep frying. Mix thoroughly. Divide into small portions, makes 20-25 pieces. Cover the meatballs and keep in the fridge for one hour.
2. Fry the onions until they turn golden brown. Add the garlic, ginger, tomatoes and tomato paste and cook until the tomatoes are soft and tender. Add the chicken stock and wine; simmer under low heat for 45 minutes. Add the other remaining ingredients and cook for another 5 minutes.
3. Deep fry the meat balls until they are proper done. Add them to the sauce and cook for a further 10minutes.
4. Remove from heat and serve hot.

Creamy Mushroom Soup

Ingredients

½ onion, roughly chopped

1 large mushroom, roughly chopped

1 garlic clove, peeled

2 tablespoons butter or margarine

½ large potato, peeled and chopped

½ cup water

½ chicken cube

Salt and pepper to taste

2 tablespoons double cream

Method

1. Place the chopped onion and mushroom into a small food processor with the garlic and blend together.
2. Heat the butter in a saucepan. Add the onion and mushroom mixture and fry for a few minutes. Add the potato, water, stock cube and season with salt and freshly ground black pepper. Cover with a lid and simmer for ten minutes.
3. Add the cream and pour into a bowl to serve immediately.

Pork and Beef Meatballs with Mushroom Cream Sauce

Ingredients for the pork and beef meatballs

2 slices of whole meal bread

100 ml milk

250 g beef, minced

200g pork shoulder, minced

1 teaspoon garlic, crushed

Salt and pepper to taste

2 tablespoons salad oil

Ingredients for Mushroom Cream Sauce

1 cup chicken stock

100 ml dry white wine

1 teaspoon garlic, crushed

100 g button mushrooms, cleaned and finely sliced

1 cup double cream

Salt and pepper to taste

Method

1. For the pork and beef meatballs, remove the crusts from the bread. Place into a bowl and pour over the milk. Leave to stand for five minutes. Place the beef and pork mince into a blender along with the shallot, garlic, anchovies and seasoning.
2. Squeeze the excess milk from the bread, discarding the milk, and add bread to the blender. Blend until it forms a thick mixture. With slightly wet hands form the meat mixture into balls the size of a small walnut.

3. Heat a non-stick pan and add a teaspoon each of olive oil and butter. Fry the balls in batches rolling them in the pan until they are evenly browned. Lift the balls out of pan and place in a non-stick roasting tray.
4. Heat the oven to 180⁰C/350⁰F/Gas 4. Put the meatballs into the oven to finish cooking for 15 minutes.
5. For the mushroom sauce, place the stock, wine, garlic, mushrooms into a saucepan and bring to the boil.Reduce the heat and simmer for 40 minutes.
6. Pour in the cream and bring it back to a simmer and continue cooking for a few minutes until it is the consistency of a thin sauce. Adjust the seasoning with the lemon juice, salt and freshly ground black pepper.
7. Remove meatballs from oven and drain off any excess fat. Spoon over the mushroom sauce and serve.

Banana Stew

Ingredients

3 spring onions, roughly chopped

2 tablespoon salad oil

3 tomatoes, chopped

2 cups chicken or vegetable stock

5 bananas, peeled

2 tablespoon mushroom seasoning

Salt and pepper to taste

Method

1. Heat the oil and fry the onions for 2-3 minutes. Add the tomatoes and cook until the tomatoes are soft. Add the chicken stock and the bananas. Cover and simmer for 15-20minutes.
2. Add the mushroom seasoning, salt and pepper and mix. Cook for 1 minute and remove from the stove

3. Serve hot, on its own or as an accompaniment to other meat dishes.



Bananas stew with Mushrooms

Chicken with Button Mushrooms

Ingredients

¼ cup salad oil

1 large onion, chopped

1 teaspoon garlic, crushed

500 g chicken breast, deboned and cut into thin strips

2 tomatoes, chopped

1 large carrot, cut into fingers

50 g green beans

100 g button mushrooms, sliced

1 tablespoon mushroom seasoning

1 tablespoon soy sauce

Salt and pepper to taste

Method

1. Heat the oil and fry the onion and garlic. Add the chicken and fry until the chicken is evenly browned.
2. Add the vegetables and cook until the mushrooms are soft and tender. Care should be taken not to mush up the tender chicken pieces.
3. Season with the mushroom seasoning, soy sauce, salt and pepper. Cook for a further one minute and serve hot with banana stew.

Bacon, Mozzarella and Mushroom Pizza

Ingredients

150 g plain flour

50 ml water

2 tablespoons salad oil

Salt to taste

For The Tomato Sauce

500 g ripe tomatoes, chopped

¼ cup salad oil

1 teaspoon garlic, crushed

1 teaspoon garlic parsley chopped

1 teaspoon garlic basil chopped

Salt and pepper to taste

For the topping

50 g crispy fried bacon

50 g mozzarella ripped

50 g mushrooms

Method

1. Preheat the oven to 200C/400F/Gas 6.
2. To make the base, in a large bowl mix the flour, water, oil and salt to form a dough. Shape the dough into a ball. Roll out on a floured surface into a 20cm/8in round. Heat a small frying pan and cook for two minutes on each side.
3. To make the tomato sauce, place the tomatoes, salad oil and garlic in a saucepan. Simmer until thick, then stir in the herbs. Season with salt and pepper.
4. Spread some of the tomato sauce on the pizza. Sprinkle over the bacon, mushrooms and cheese, and season with salt and freshly ground black pepper. Bake in the oven for five minutes until the cheese has melted. Serve hot.

Vegetable Pizza

Ingredients

1 ready-made pizza base (available from local supermarkets)

1 tablespoon tomato paste

½ courgette, finely sliced

1 medium sized red pepper, cut into slices

50 g mushrooms, sliced

100 g mozzarella slices

1 teaspoon dried oregano

2 tablespoons olive oil

Method

1. Preheat the oven to 220C/425F/Gas 7.
2. Place the pizza base onto a baking sheet. Spread the tomato purée over. Arrange the courgette, pepper and mushroom slices on top. Finish with the mozzarella slices. Scatter

the oregano over, drizzle with oil and top with the fresh thyme. Transfer to the oven and cook for 10-12 minutes, or until the cheese has melted and the pizza is cooked.

3. Remove the pizza from the oven and transfer to a serving plate or board. Serve.

Spicy Stir-Fried Mushroom

Ingredients

¼ cup salad oil
1 teaspoon garlic, chopped
1 teaspoon ginger, chopped
1 large onion, chopped
500 g button mushrooms, whole or sliced
Salt and pepper to taste
¼ cup chicken stock or water
1 tablespoon light soy sauce

Method

1. Heat a wok or large frying pan until very hot. Add the oil and when it's very hot and slightly smoking, add the garlic, ginger and spring onions and fry for one minute. Add the mushrooms and cook for about 2 minutes. Add the remaining ingredients and cook until the mushrooms are soft and tender.
2. Serve hot.

Stir-Fried Vegetables with Mushrooms

Ingredients

¼ cup salad oil
1 large onion, chopped
1 teaspoon garlic, chopped
1 teaspoon ginger, chopped
2 large carrots cut into gingers
A handful of green beans
1 large green capsicum, sliced length-wise
1 large red pepper, sliced length-wise
2 spring onions cut length-wise

A handful of broccoli florets
3 large tomatoes, chopped
200 g mushrooms, sliced
2 tablespoons light soy sauce
Salt and pepper to taste



Stir fried vegetables with mushrooms

Method

1. Heat a wok or a large frying pan. Add the oil and fry the onions briefly. Add the rest of the ingredients and stir-fry for 8-10 minutes or until the mushrooms are tender and soft.
2. Remove and serve hot.

Omelette-Wrapped Stir-Fried Vegetables

Ingredients

For the stir fry

1 Tablespoons salad oil
1 teaspoon garlic, chopped

50g green beans

1 Cup carrots cut into strips

100g fresh mushrooms, sliced

1 teaspoon ginger, chopped

1 tablespoon light soy sauce

For the omelette

1 tablespoon salad oil

1 tablespoon butter or margarine

3 free-range eggs, beaten

Salt and black pepper to taste

Method

1. For the stir fry, heat the oil in a wok and stir-fry the garlic, green beans, carrots, mushrooms and ginger together for 3-4 minutes, then season with soy sauce.
2. For the omelette, heat the oil and butter in a frying pan. Season the beaten egg with salt and black pepper, then add to the hot pan and cook until it starts to set on the bottom. Scrape the edges of the omelette into the centre of the pan, allowing the raw egg to set underneath.
3. Repeat this several times and cook until the egg is almost set all the way through, then tip the stir-fried vegetables into the middle on one half of the omelette and fold the other half over the top. Slide out onto a plate.
4. Serve hot.

Sautéed Mushrooms with Onions

Ingredients

¼ cup salad oil

1 large onion, chopped

500 g mixed mushrooms, thinly sliced

Salt and pepper to taste

1 teaspoon light soy sauce



Sauteed mushrooms with onions

Method

1. In a large nonstick or cast-iron skillet, heat oil over medium. Fry the onion until golden brown. Add mushrooms; season with salt and pepper, and cook until tender and lightly browned, 12 to 13 minutes.
2. Remove from heat, and soy sauce. Keep turning until all the mushrooms are coated evenly with the sauce. Serve hot.

Fried Beef with Mushrooms

Ingredients

- ¼ cup salad oil
- 2 large onions, chopped
- 1kg lean beef, cubed
- 3 large tomatoes, chopped
- 1 large green capsicum, chopped
- 50 g carrots
- 50 g green beans
- 100 g mushrooms, sliced

Salt and pepper to taste

Method

1. In a large frying pan, heat the oil and fry the onion until golden brown. Add the beef cubes and fry until browned, allow all the liquid to evaporate.
2. Add the tomatoes and cook until the tomatoes are soft. Add the rest of the ingredients and cook until the mushrooms are soft and tender,
3. Serve hot with *ugali*, rice or pasta.

Mbuzi and Mushroom Stir-fry

Ingredients

¼ cup salad oil

2 large onions, chopped

1kg *mbuzi*, cut into strips

1 teaspoon garlic, crushed

3 tomatoes, chopped

2 medium sized squash, sliced

100 g button mushroom, sliced

2 medium sized eggplants, sliced

1 green capsicum, chopped

1 red capsicum, chopped

1 tablespoon soy sauce

Salt and pepper to taste



Mbuzi and Mushroom Stir-fry

Method

1. Heat the oil in a large frying pan and fry the onion. Add the *mbuzi* and cook until they are soft and well browned.
2. Add the tomatoes and cook until they are soft.
3. Add the rest of the ingredients and cook until the mushroom are soft and tender
4. Serve hot with *ugali*, rice or chapatti

Chapatti

Ingredients

500 g wheat-mushroom flour composite

2 tablespoons shortening fat

250 ml water, luke-warm

Salt to taste

Oil for frying



Chapatti

Method

1. In a clean bowl, combine the flour with the fat, mix thoroughly. Add the salt to the water, mix and add to the flour to make the dough. Mix well and kneed properly. Cover the dough with a clean polythene bag and set aside for 20-30 minutes.
2. On a clean surface, roll out the dough uniformly. Spread some shortening and make one big roll. Cut it up into small balls and place them on a floured area. Cover with a polythene bag.
3. Heat the chapatti pan. Roll each ball on a floured board and fry the chapatti on both sides. Reserve in a warm vessel
4. Serve with bean stew or beef fry or use as a wrap for vegetables or meatballs.

Spiced Mandazis

Ingredients

500 ml milk

1 teaspoon cardamom seeds, crushed

500 g wheat-mushroom composite flour

2 tablespoons butter or margarine

2 tablespoons sugar

Oil for frying



Spiced Mandazis

Method

1. Heat the milk and cardamom seeds. Set aside and let it cool.
2. Mix the flour with the butter or margarine and sugar. Add the milk and work the mixture into dough. Cover with a clean polythene bag and set aside for 20-30 minutes.
3. Heat the oil.
4. Roll the dough on an oiled surface and cut into your favourite shapes.
5. Fry the pieces, few at a time until they are golden brown.
6. Serve with ginger tea.

Plain Cake (Using Wheat Mushroom Composite Flour)

Ingredients

1 kg wheat mushroom flour

250 g shortening

250 g margarine

250 g icing sugar

250 g sugar

10 g salt

5 eggs

1 tablespoon vanilla essence

300 ml milk

Method

1. Pre-heat the oven at 160°C.
2. Mix all the sugar and fat until the mixture turns creamy white. Add the eggs and continue beating until all the eggs are absorbed into the mixture.
3. Add the rest of the ingredients and mix thoroughly.
4. Spoon the mixture into grease lined pans or queen cake cups. Bake at 160-170°C for 15-20 minutes
5. Remove from oven and cool.

Part 2: Traditional Recipes

Traditional Recipe 1

Ingredients

1kg of fresh mushrooms

Cooking oil

1Litre of 'Musherekha' (traditional salt)

1 g salt

300ml milk

Method

1. Pick the wild edible mushrooms from farm, fields or forest.

2. Remove the soil and splice them into small pieces.
3. Wash them with clean water.
4. Boil with 'musherekha' (tenderizer/traditional salt)
5. Then add milk.
6. After boiling for 10 minutes, add crushed sesame seeds/paste.

Traditional Recipe 2

Ingredients

¼ cup salad oil

1 large onion, chopped

500g mushrooms, thinly sliced

Salt and pepper to taste

1 litre of 'Musherekha' (traditional salt)

1 g salt

300ml milk

Method

1. Pick the wild edible mushrooms from farm, fields or forest.
2. Remove the soil and splice them into small pieces.
3. Wash them with water.
4. Boil them in 'musherekha' (tenderizer/traditional salt)

5. Fry the onions separately until they turn brown, then add the mushrooms boiled in the traditional salt.
6. Then add milk and cook for 20 minutes.

Traditional Recipe 3

Ingredients

¼ cup salad oil

1 large onion, chopped

500 g mushrooms, thinly sliced

Salt and pepper to taste

1 litre of 'Musherekha' (traditional salt)

1 g salt

Method

1. Pick the wild edible mushrooms from farm, fields or forest.
2. Remove the soil and slice them into small pieces.
3. Wash them with water.
4. Boil with 'musherekha' (tenderizer/traditional salt)
5. Fry the onions separately until brown, then add the mushrooms boiled in the traditional salt
6. Then cook for 20 minutes.

Traditional Recipe 4

Ingredients

¼ cup salad oil

1 large onion, chopped

500 g mushrooms, thinly sliced

Salt and pepper to taste

1 Litre of 'Musherekha' (traditional salt)

1 g salt

200 g crushed groundnuts

Method

1. Pick the wild edible mushrooms from farm, fields or forest.
2. Remove the soil and slice them into small pieces.
3. Wash them with water.
4. Boil with musherekha (tenderizer/traditional salt)
5. Fry the onions separately until brown, then add the mushrooms boiled in the traditional salt
6. Then add crushed groundnuts and cook for 20 minutes.

Traditional Recipe 5

Ingredients

¼ cup salad oil

1 large onion, chopped

500 g mushrooms, thinly sliced

Salt and pepper to taste

1 Litre of 'Musherekha' (traditional salt)

1g salt

3 big tomatoes

Method

1. Pick the wild edible mushrooms from farm, fields or forest.
2. Remove the soil and splice them into small pieces.
3. Wash them with water.
4. Boil with musherekha (tenderizer/traditional salt)
5. Fry the onions separately until brown, then add the mushrooms boiled in the traditional salt
6. Then add sliced tomatoes and cook for 20 minutes.

Traditional Recipe 6

Ingredients

¼ cup salad oil

1 large onion, chopped

500 g mushrooms, thinly sliced

Salt and pepper to taste

1 litre of 'Musherekha' (traditional salt)

1 g salt

500 g of sliced indigenous vegetables

Method

1. Pick the wild edible mushrooms from farm, fields or forest.
2. Remove the soil and splice them into small pieces.
3. Wash them with water.
4. Boil with 'musherekha' (tenderizer/traditional salt)
5. Fry the onions separately until brown, then add the mushrooms boiled in the traditional salt
6. Then add indigenous vegetables and cook for 20 minutes

Traditional Recipe 7

Ingredients

¼ cup salad oil

1 large onion, chopped

500 g mushrooms, thinly sliced

Salt and pepper to taste

1 litre of 'Musherekha' (traditional salt)

1 g salt

100 g Omena (sardines) or 1 tilapia

Method

1. Pick the wild edible mushrooms from farm, fields or forest.
2. Remove the soil and splice them into small pieces.

3. Wash them with water.
4. If the mushrooms are dry, sort them to remove dirt and then soak in lukewarm water for 20 minutes to rehydrate them.
5. Boil with 'musherekha' (tenderizer/traditional salt)
6. Fry the onions separately until brown, then add the mushrooms boiled in the traditional salt

Then add omena (sardines) or 1 tilapia fish and cook for 20 minutes.

Serve hot with ugali