



Mushroom Powder



20 servings



4-8 hours

INGREDIENTS

- 500g Flat mushrooms, Swiss brown or cup mushrooms
- 3g salt

EQUIPMENT

- Dehydrator or Oven
- Blender or spice grinder or mortar and pestle
- Airtight container for storage

USAGE & TIPS

Use the mushroom powder as a seasoning for soups, stews, sauces, or any dish that could benefit from a boost of umami flavour.

Experiment with the quantity based on your taste preferences.

Swiss browns and portobello will provide a richer and nuttier flavour than the white mushrooms.

METHOD 1 - DEHYDRATOR

1. Clean the mushrooms thoroughly using a damp cloth or a soft brush.
2. Thinly slice the mushrooms.
3. Arrange the mushroom slices on the dehydrator trays in a single layer, making sure they don't overlap.
4. Set the dehydrator to a low temperature (around 55°C) and let it run for 6-8 hours or until the mushrooms are completely dehydrated and crispy.
5. Allow the dehydrated mushrooms to cool. Place the dried mushrooms in a blender or spice grinder and process to a fine powder. Add a good pinch of salt for preservation. Pulse to combine.
6. Transfer the mushroom powder to an airtight container. Store in a cool, dark place.

METHOD 2 - OVEN

1. Clean the mushrooms thoroughly using a damp cloth or a soft brush.
2. Thinly slice the mushrooms.
3. Preheat your oven to the lowest possible setting (around 65°C).
4. Arrange the sliced mushrooms on baking trays in a single layer.
5. Place the trays in the preheated oven and prop the door open slightly to allow moisture to escape. Dehydrate the mushrooms for 4-6 hours or until they are completely dried and crisp.
6. Allow the dehydrated mushrooms to cool. Place the dried mushrooms in a blender or spice grinder and process them until you get a fine powder. Add a good pinch of salt for preservation. Pulse to combine.
7. Transfer the mushroom powder into an airtight container. Store in a cool, dark place.



Mushroom Essence



20 servings



1 ½ - 2 hours

INGREDIENTS

- 500g Australian mushrooms
- 50ml olive oil
- 10g garlic
- 1 onion
- 2 springs fresh thyme
- 2 bay leaves (dried)
- 3g black peppercorns
- 10g sea salt (adjust to taste)
- 1L water or vegetable stock (sodium-reduced)
- 10ml soy sauce (for extra umami)

USAGE & TIPS

This mushroom essence can be used to enhance the umami flavour in various dishes such as soups, stews, and sauces, or even as a base for risotto. Enjoy experimenting with this rich and flavourful essence in your cooking!

METHOD

1. Clean the mushrooms with a damp cloth or soft brush to remove any dirt.
2. Slice the mushrooms, finely dice the onions and mince the garlic.
3. Heat the olive oil in a 3L pot over medium heat. Add finely diced onions and minced garlic, and sweat until soft.
4. Add the sliced mushrooms to the pot and cook until they release their moisture and start to brown.
5. Make a bouquet garni with the thyme, bay leaf and black peppercorns, then add to the pot along with the salt.
6. Add the water/stock and bring to a boil, then reduce to a simmer for 1-2 hours, Stir occasionally.
7. After 30 - 45 min (before it gets too thick) blend to a smooth puree using a stick blender. Then continue to cook until the mixture is rich in flavour.
8. Strain the liquid through a fine-mesh sieve or cheesecloth into a clean pot or bowl, pressing the solids to extract all of the liquid.
9. Return the liquid to the heat and simmer to reduce it to a concentrated essence. This can take another 30 minutes to 1 hour, depending on your desired intensity of flavour.
10. Taste the essence and adjust the seasoning if needed. Add extra salt or soy sauce for depth of flavour.
11. Once the essence is cool, transfer it to sterilised glass jars or bottles and store in the refrigerator.



Mushroom Dumpling Soup



5 servings



40 minutes

INGREDIENTS

MUSHROOM DUMPLINGS

- 180g cup mushrooms
- 50g shiitake mushrooms
- 10g garlic cloves
- 10g piece ginger
- ½ bunch chives
- ½ bunch coriander
- 2.5ml sesame oil
- 3g sea salt
- 2g cracked black pepper
- 1 packet gow gee or wonton wrappers

SOUP

- 1.5L vegetable stock
- 50g shiitake mushrooms
- 10g garlic
- 15g piece ginger
- 10g red chilli
- ½ bunch green shallots
- 5ml sesame oil
- 30ml soy sauce
- 20ml rice wine vinegar

METHOD DUMPLINGS

1. To make the dumplings, roughly chop the cup and shiitake mushrooms, crush the garlic, finely grate the ginger, chop the chives and coriander. Place in the food processor with the sesame oil and pulse for 1-2 minutes until combined. Season with salt and pepper to taste.
2. Take a gow gee wrapper and rest it on the palm of one hand then dip a finger from the other hand in water and lightly dampen the edge of the wrapper. Using a teaspoon add a small amount of the mushroom mixture to the centre of the gow gee wrappers. Fold in half to encase the filling then press the edges together to seal. Repeat this process until all of the mixture has been used.
3. Arrange the prepared dumplings in a lined bamboo or stainless steel steaming basket. Set aside.
4. Place the steaming basket on top of the saucepan of boiling water, ensuring the lid is in place and secured to contain the steam. Cook the dumplings for 15 minutes.

5. METHOD SOUP

1. Pour the stock into 3L pot.
2. Finely slice the shiitake mushrooms. Finely slice the garlic. Julienne the ginger. Cut the chilli into rings. Cut the shallots into 2.5cm lengths.
3. Keep some chilli for garnish and add all of the ingredients for the soup to the pot with the vegetable stock. Bring to the boil then reduce heat to low and allow to simmer.

TO SERVE

1. Once the dumplings are cooked, transfer them to serving bowls. Ladle the soup over the dumplings and serve with additional sliced chilli.



Mushroom Medley

with Roasted Garlic & Cannellini Bean Puree



4 servings



35 minutes

INGREDIENTS

- 250g mushrooms (large flat and cup)
- 1 head garlic/50g
- 20g butter, cut into cubes
- 4 to 6 thyme sprigs
- 30ml olive oil
- 3g sea salt
- 2g cracked black pepper
- 2 x 400g cans white cannellini beans, strained
- 1 lemon
- 40-60ml olive oil, additional

METHOD

1. Preheat oven to 180°C
2. Cut the garlic head across the centre.
3. Place mushrooms, garlic, butter and thyme in an ovenproof dish.
4. Drizzle with olive oil and season with salt and pepper.
5. Place in the oven to cook for 20-25 minutes or until the garlic has softened and the mushrooms are cooked.
6. In the meantime, place the strained cannellini beans, lemon juice and olive oil in a deep bowl or glass jug. Use a stick blender to process into a puree.
7. Remove the roasted mushrooms and garlic from the oven.
8. Remove the garlic cloves from their skin and add the garlic to the cannellini bean mixture. Continue to process until smooth.
9. Spread the roasted garlic and cannellini bean mixture on the base of a serving plate. Top with mushroom medley and drizzle with remaining pan juices.



Sesame-Crusted Mushroom Poke Bowl



2 servings



40 minutes

INGREDIENTS:

SESAME-CRUSTED MUSHROOMS

- 200g button mushrooms
- 35g white sesame seeds
- 8g black nigella seeds
- 50g panko crumbs
- 2g sea salt
- 1 egg
- 20ml milk
- Vegetable oil (for frying)

DRESSING

- 5g white miso paste
- 45ml mirin
- 5g peanut butter
- 30ml vegetable oil

POKE BOWL

- 150g medium grain brown rice
- 1 bunch broccolini
- 50g frozen shelled edamame beans,
- 1 avocado
- 80g red cabbage
- 100g cucumber
- 4-5 radishes
- 1/8 bunch shallots

METHOD: SESAME-CRUSTED MUSHROOMS

1. In a bowl combine the sesame seeds, nigella seeds, panko crumbs and sea salt, stir to mix through.
2. In another bowl whisk together with a fork the egg and a dash of milk.
3. Add the button mushrooms in batches to the whisked egg mixture, then roll them in the sesame/panko crumb mixture until they get an even crumb coating.
4. Deep fry in batches; add the mushrooms to the preheated oil and fry. Turn them over when the outer crumb turns a golden brown. Remove from the oil and place on a paper towel to absorb any excess oil. Keep warm until ready to serve.

TO MAKE THE DRESSING

1. Whisk all the ingredients together in a small bowl to combine and dissolve any lumps. Adjust the balance.

METHOD POKE BOWLS

1. Rinse the rice in a sieve; drain. Place the rice in a very small pot that has a tight-fitting lid and add 375ml cold water. Cover and steam the rice, bringing to a boil then immediately reduce to the lowest heat for 25 minutes; stand for 5 minutes before serving.
2. Slice the cabbage, avocado, cucumber, radish and shallots
3. Trim, then blanch the broccolini and edamame in boiling water refresh in iced water. Drain and set aside
4. Start with a base of pre-cooked brown rice, follow by arranging the vegetables over the top and around the edges of the bowls.
5. Finish with adding the crumbed mushrooms in the centre and sprinkle over the thinly sliced shallots.
6. To serve pour over the miso dressing.

Mediterranean Mushroom Polpette



2 servings



60 minutes

INGREDIENTS:

- 300g mixed mushrooms, e.g. Flats, Cup and Swiss Brown mushrooms
- 50g onion
- 4 cloves garlic
- 1 red chilli
- 3g sea salt
- 2g cracked black pepper
- 400g tin chickpeas
- 1/6 bunch flat leaf parsley
- 60-100g breadcrumbs
- 30g grated parmesan cheese
- 40mls olive oil
- 20g butter
- 1 egg, lightly whisked

TOMATO SAUCE

- 70g carrot, finely diced
- 60g celery
- 50g onion
- 10g garlic
- 1 green capsicum
- 400g tin diced tomatoes
- 60ml red wine
- 60ml vegetable stock
- 10g tomato paste
- 1 bay leaf
- 2g dried oregano

METHOD

1. Finely chop the mushrooms by hand or by using food processor. Dice the onion, garlic and chill. Finely chop the parsley. Drain the chickpeas. Grate the parmesan.
2. In a medium fry pan over medium-high heat, heat 1 tablespoon of oil and the butter. Sauté onions for 2 mins, add mushrooms and cook stirring occasionally for 5 mins; add 4 garlic cloves and the chilli, season with salt and pepper to taste and cook for a further 2 mins. Set aside to cool down.
3. In a blender, add the mushroom mixture, chickpeas, parsley, 60g of the breadcrumbs, egg, and parmesan cheese and blend until combined. Alternatively, mix in a large bowl. Adjust the texture with extra breadcrumbs as needed to form balls.
4. Spoon out 16 balls. Refrigerate for 10 mins or overnight.
5. Preheat the oven to 180°C fan forced. Line a baking tray with baking paper.
6. Place meatballs onto the lined baking tray and bake for 20 mins.
7. Serve meatballs with tomato mixture into bowls, garnish with grated parmesan, fresh oregano leaves, sea salt and freshly cracked pepper.

OPTIONAL: Serve with toasted ciabatta or pasta.

METHOD SAUCE

1. Finely chop the onion, garlic, carrot, celery and capsicum.
2. Add remaining oil into the fry pan, over medium to high heat and sauté carrot, celery, capsicum, and remaining garlic, until soft. Add in the tomato paste and sauté for a further 2 mins. Add tinned tomatoes, red wine, vegetable stock, bay leaf and dried oregano. Season with salt and pepper and reduce heat and simmer for 30-40 mins, stirring occasionally.



Mushroom Paté



2 servings



20 minutes

INGREDIENTS:

- 15g dried porcini mushrooms
- 40ml extra virgin olive oil
- 1 brown onion
- 10g garlic
- 250g cup mushrooms
- 250g Swiss Brown mushrooms
- 40ml port
- 3g sea salt
- 2g cracked black pepper
- 120g soft goats cheese
- 1/8 bunch flat leaf parsley
- Toasted bread or crackers, to serve

METHOD

1. Place the porcini mushrooms in a heatproof bowl, add boiling water until mushrooms are just covered. Set aside 10 minutes. Drain, reserving the porcini liquid. Chop the soaked mushrooms.
2. Finely dice the onion, crush the garlic and chop the cup mushrooms and Swiss brown mushrooms and finely chop the parsley.
3. Heat the olive oil in a large frying pan over medium heat. Add the onion and garlic and cook for 10 minutes until soft and lightly golden. Add the chopped porcini and fresh mushrooms, increase heat to high and cook for 8 minutes. Add the port, toss to coat and set aside to cool.
4. Spoon the mushroom mixture into a food processor and process until finely chopped. Season with salt and pepper. Crumble over the goats cheese and pulse until almost smooth, adding a little reserved porcini liquid if required. Remove to a bowl and stir through the parsley. Cover and refrigerate until ready to serve.
5. Serve with toasted bread or crackers.

Mushroom Sweet Potato Gnocchi with Burnt Butter Sauce



3 servings



90 minutes

INGREDIENTS

- 900g /2 medium sweet potatoes
- rock salt for baking
- 200g -250g plain flour
- 11g sea salt
- 4g cracked black pepper
- Flour for dusting
- 250g Swiss brown and button mushrooms
- 50ml olive oil
- 50g butter
- ½ bunch sage
- 30g pinenuts
- ½ lemon
- 20g Parmesan

TIP

Putting the potatoes through a sieve or potato ricer is a vital step to making gnocchi, as this breaks down the starch.

METHOD

1. Preheat the oven to 200°C. Poke a few holes in the sweet potatoes with a fork, and then bake on a tray with a shallow layer of rock salt. Bake for 1 hour or until they are tender and the skin is wrinkly.
2. When the potato is cool enough to handle, peel the skin away from the flesh. Then mash the potato flesh with a ricer or mouli.
3. Mound the flour on a wooden board, or kitchen bench. Make a well in the centre and add sweet potatoes to the well. Season with salt and pepper.
4. Using your hands, work the sweet potato into the flour until it's fully combined. You don't want the dough to be sticky so keep adding flour gradually to form soft dough. Avoid overworking.
5. Form the dough a ball and set aside. Scrape any dough remnants off the bench and lightly flour the bench. Cut the dough into 4 even pieces. Roll each piece into a long finger width log.
6. Cut the rolls of dough log into 2cm pieces of gnocchi, and gently toss each piece into some flour on your work bench to prevent sticking together, set aside on a floured tray. Optional: Use a gnocchi board or fork to press grooves into each piece of gnocchi.
7. Toast the pine nuts and set aside. Cut the mushrooms into quarters.
8. In a large frying pan, over a med-high heat, add the olive oil and a teaspoon of butter, add the quartered mushrooms and cook for a few minutes until golden and starting to soften. Lift out the mushrooms and set aside.
9. To cook the gnocchi, bring a large pot of water to the boil and add the salt. Blanch the sweet potato gnocchi in salted boiling water until they all float, cook for about 2 minutes. Then drain, reserving a little of the cooking water.
10. Using the same frying pan that the mushrooms were cooked in, add the boiled, drained gnocchi and sear for 1 -2 minutes on each side until crisp. Add the remaining butter, toasted pine nuts, sage leaves and cooked mushrooms. When the butter turns nut brown, add 30-60ml cooking water and swirl in the pan, squeeze in lemon juice to taste.
11. Serve with shaved Parmesan



Mushroom & Haloumi Falafel



30 pieces



60 minutes

INGREDIENTS

- 400g button, cup or flat mushrooms
- 20ml olive oil, plus extra for cooking
- 100g brown onion, finely chopped
- 10g garlic
- 20ml dried Greek oregano
- 400g can chickpeas
- 1 bunch flat-leaf parsley
- 150g haloumi, grated
- 1 egg
- 40-60g dried breadcrumbs (packaged)
- 40ml tahini
- 3g sea salt
- 2g cracked black pepper
- 40g sesame seeds
- 250g Greek yoghurt
- ½ Lemon

METHOD

1. Finely chop the onion and garlic.
2. Finely chop mushrooms by hand or put in a food processor
3. Heat oil in a frying pan over medium - high heat. Add mushrooms, onion and garlic, cook, stirring often, for 8 minutes or until all moisture has evaporated. Stir in oregano, cook 1 minute. Set aside to cool for 10 minutes. Drain any excess moisture and transfer to a bowl. Wipe pan clean.
4. Roughly chop the parsley and grate the haloumi.
5. Drain and rinse the chickpeas then blend the chickpeas in food processor with the parsley, haloumi, egg, 40g breadcrumbs and half the tahini until almost smooth. Add to mushrooms, season with salt and pepper and mix well. Adjust with extra breadcrumbs as needed to bind.
6. Roll one tablespoonful of mixture into a ball, then roll lightly in sesame seeds. Place on a tray. Repeat to make 30 falafels. Cover and refrigerate 30 minutes if time permits.
7. Mix remaining tahini and yoghurt together. Refrigerate until ready to serve.
8. Shallow or deep fry falafel in batches, turning often for 5 minutes or until golden.
9. Serve warm with tahini yoghurt sauce, lemon wedges and parsley sprigs.

Mushroom Paella



4 servings



35 minutes

INGREDIENTS

- 600ml Mushroom stock (to make stock soak a handful of dry Mushrooms in veggie stock, or use stock of choice)
- 250g Spanish rice
- 6g sea salt
- 3g cracked black pepper
- 250g Flat Mushrooms
- ½ bunch chives
- 40g Button Mushrooms
- ¼ bunch radishes
- 50g Manchego cheese
- ½ lemon

SOFRITO

- 300g ripe oxheart tomatoes, roughly chopped
- 150g roasted red capsicums from jar (piquillo peppers)
- 300g portobello or flat mushrooms,
- 20g garlic
- ½ bunch parsley
- ½ bunch chives
- 25ml olive oil
- ¼g saffron threads
- 20g smoked paprika

METHOD

1. To make the sofrito: Peel the garlic, roughly chop the tomatoes, capsicums, mushrooms and herbs.
2. Place all the sofrito ingredients in a food processor and process to a paste consistency.
3. Heat a 30cm fry pan or paella pan on high heat. Add sofrito and cook until tomatoes start to become juicy, 3-4 minutes.
4. For the Paella: Add sliced Flat Mushrooms and mushroom stock to the reduced sofrito and bring to the boil.
5. Sprinkle in rice and reduce to a medium heat. Continue cooking for about 16-18 minutes. Do not stir! When rice is tender and liquid has almost fully reduced (there should still be some liquid in the paella-pan), cook for a further 2 minutes to achieve 'soccarrada' (crust on the bottom of the pan).
6. Meanwhile chop the chives and slice the Button mushrooms very thinly and cut the lemon into wedges for garnish.
7. Season to taste with salt and black pepper and garnish with chives, thinly sliced button mushrooms, radish and grated manchego cheese.
8. Squeeze over lemon juice just before serving.