

MUSHROOM

Mushrooms have a rich, meaty, umami taste. There are thousands of varieties, but only a few are grown commercially, including portabella, button, crimini, shiitake, and oyster.

lovin'
spoonfuls
a food rescue



BEST COOKING METHODS

- SAUTEED
- BAKED
- RAW
- STEAMED

RECIPE IDEAS

- SAUCE
- CHOPPED IN SALAD
- STIR FRY
- STEW

STORAGE

- Best kept in their original packaging in the fridge, usually will last a week.
- Once slimy, pat dry with towel and use in a sauce or soup.

NUTRITION

- Good source of B-vitamins and potassium.

TIPS

- Mushrooms are a great meat substitute as their texture and flavor can mimic meat; i.e. portabella mushroom burgers
- Don't wash mushrooms, just brush them off with a towel or brush. They act like sponges, so their texture and flavor can be compromised when soggy.



Swiss Brown Mushroom

Flat Mushroom

Button Mushroom

Enoki Mushroom

Shitake Mushroom

Oyster Mushroom

MUSHROOM RICE PILAF

- **1** large or **2** medium onions (about $2\frac{1}{2}$ cups), finely chopped
- **1 lb** white button mushrooms, sliced
- **2 tbsp** olive oil
- **4 tbsp** unsalted butter, divided
- **2** garlic cloves, minced or pressed
- $\frac{1}{2}$ **c** white wine
- **2 c** long grain rice (such as basmati)
- **4 c** low sodium chicken broth
- **1 tsp** salt, or to taste
- **Pinch** of black pepper
- **2 tbsp** fresh dill for garnish, optional

lovin'
spoonfuls
a food rescue



USING A DUTCH OVEN OR HEAVY BOTTOM POT WITH TIGHT FITTING LID, OVER MEDIUM/HIGH HEAT, ADD 2 TBSP OLIVE OIL AND 2 TBSP BUTTER. ADD ONIONS AND SAUTÉ UNTIL TRANSLUCENT (5 MIN) THEN ADD SLICED MUSHROOMS AND COOK UNTIL LIQUID HAS EVAPORATED AND MUSHROOMS ARE LIGHTLY GOLDEN (8-10 MIN). ADD IN 2 PRESSED GARLIC CLOVES AND STIR (1 MIN). ADD $\frac{1}{2}$ CUP WHITE WINE AND COOK UNTIL MOSTLY EVAPORATED (2-3 MIN). STIR IN THE RICE THEN ADD 4 CUPS BROTH, 2 TBSP BUTTER, 1 TSP SALT AND A PINCH OF BLACK PEPPER. BRING TO A BOIL THEN REDUCE HEAT TO LOW, COVER AND SIMMER UNTIL RICE IS FULLY COOKED THROUGH AND LIQUID ABSORBED (15-18 MIN). GIVE THE RICE A QUICK STIR AND SERVE GARNISHED WITH DILL OR PARSLEY.

Made possible by BNY Mellon/Alice P. Chase Trust