

Mushrooms



Mushrooms are rich and flavorful when cooked, and have a meaty texture that soaks up other flavors. Because of this, they make a great meat substitute in some recipes. There are thousands of varieties, but only a few are grown commercially, including portobello, button, crimini, shiitake, and oyster.

Cooking Tips

While edible raw, mushrooms have much more flavor cooked. They can be roasted, grilled, sautéed, or added to soups, stews, and casseroles. When possible, avoid washing mushrooms and brush or wipe clean instead. If needed, rinse quickly: mushrooms will absorb water and get soggy.



Storage

Mushrooms are best kept in their original packaging or a closed paper bag in the refrigerator, and usually stay fresh 1-2 weeks. If they start to shrivel or get moist, use immediately in a sauce or soup.



Mushroom Rice Pilaf



Ingredients:

- 1 large onion (about 2½ cups), finely chopped
- 1 lb mushrooms (any kind), sliced
- 2 tbsp oil (olive or vegetable)
- 4 tbsp unsalted butter, divided
- 2 garlic cloves, minced
- ½ cup white wine or water
- 2 cup long grain rice (such as basmati)
- 4 cup low sodium chicken broth
- 1 tsp salt, or to taste
- Pinch of black pepper
- 2 tbsp fresh dill or thyme (optional)



Directions:

1. Using a heavy pot with a tight lid, heat 2 tbsp oil and 2 tbsp butter over medium-high heat.
2. Add onions and sauté until soft and translucent, about 5 minutes.
3. Add mushrooms and garlic, and cook until mushrooms are tender and lightly golden, 8-10 minutes.
4. Add ½ cup wine (or water) and cook until mostly evaporated, 2-3 minutes.
5. Stir in rice and then add broth, remaining 2 tbsp butter, salt and pepper.
6. Bring to a boil then reduce heat to low, cover tightly, and simmer until rice is fully cooked through and liquid is absorbed, 15-18 minutes (refer to rice packaging for timing).
7. When liquid is gone and rice is soft, remove from heat and let stand 5 minutes.
8. Uncover, stir briefly, and serve topped with fresh herbs (optional).