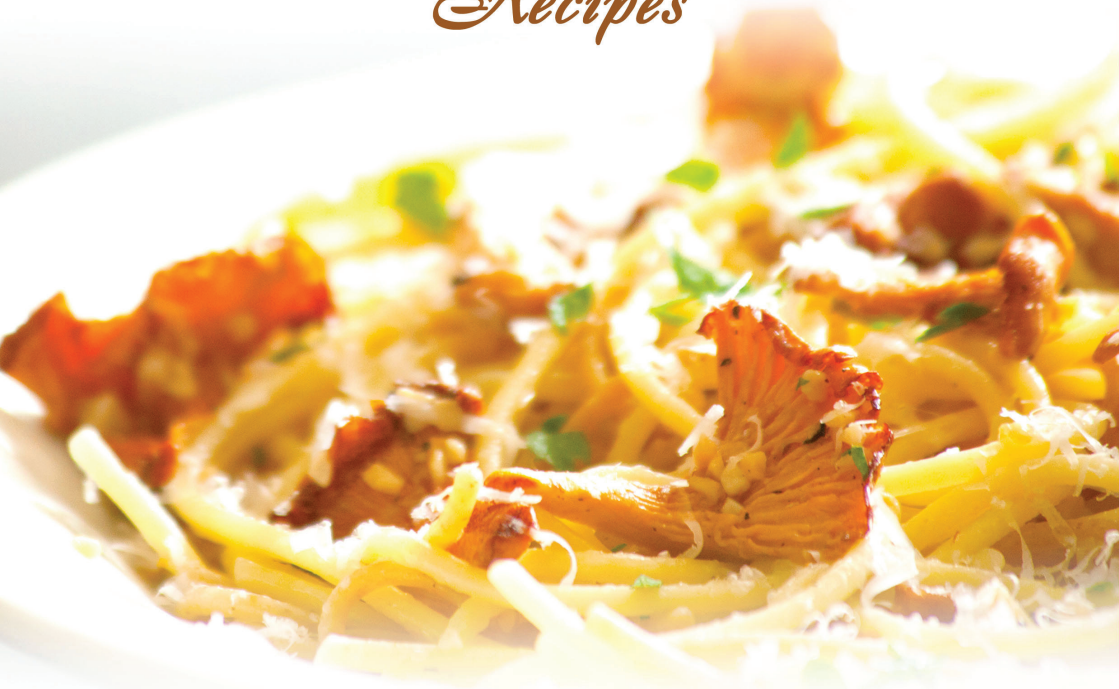




MINISTRY OF AGRICULTURE

# MUSHROOM

## *Recipes*







# MUSHROOM *Recipe*



## **Acknowledgement/Foreword:**

Mushrooms are gradually getting recognition in the Fijian market as studies on mushroom consumption suggests a healthy immune system and lower chance getting of NCDs. High demand from health conscious consumers has led to a rapid increase in the fresh mushroom.

MOA - Legalega research station has produced a simple mushroom recipe booklet which could be easily adapted into our local cuisine. MoA has actively been promoting mushroom cultivation in collaboration with Juncao Experts and sees this actively benefiting many supply chain.

Mushrooms which are usually grouped as edible fungus which is widely consumed due to its high medicinal and nutritional value especially as it is free from cholesterol, fat and gluten and very low in sodium. This booklet will create awareness and boost mushroom cuisine interests.

I would like to thank the Juncao Team, staff based at LRS and Information team and Head of Research Division for their assistance in preparing and compiling this booklet.

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Ministry of Agriculture.



# MUSHROOM *Recipe*



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## INTRODUCTION

A mushroom or toadstool is the fleshy, spore-bearing fruiting body of a fungus, typically produced above ground, on soil, or on its food source.

The standard for the name mushroom is most often applied to those fungi (Basidiomycota, Agaricomycetes) that have a stem (stipe), a cap (pileus), and gills (lamella) on the underside of the cap. The most nutrient dense portion of the mushroom is the cap; young mushrooms are the most nutritious.

Oyster mushroom is the most widely cultivated and highest yield edible fungus in the world. The mycelia of *Pleurotus sapidus* strong adaptability, grow fast and vigorously, easy to be cultivated artificially and suit for various substrates (many species of herbaceous and woody plants).

The production cycle is short, which only takes 5-6 weeks from inoculation to first harvest. Grey Oyster Mushroom (*Pleurotus Ostreatus*) are the fleshy and edible fruit bodies of several species of macrofungi (fungi which bear fruiting structures that are large enough to be seen with the naked eye).



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**Table Nutrient 1: content of grey oyster**

Laboratory ID	Moisture	Ash %	Salt %	Protein %	Extraneous Matter %	Calcium %	Magnesium %	Potassium %	Sodium %
Sample 1	86.2	2.0	0.2	4.7	Nil	<0.01	0.04	0.9	<0.01

Laboratory ID	Iron (mg/Kg)	Manganese (mg/Kg)	Zinc (mg/Kg)	Copper (mg/Kg)
Sample 1	21.3	1.4	18.0	1.7

[Source: Chemistry Lab- KRS]



# MUSHROOM

## Recipe



### USES OF MUSHROOM

Oyster mushrooms are edible and seems to have the most promising effect on cholesterol levels and cancer. Oysters naturally produce compounds called statins. Statin drugs reduce "bad cholesterol" (LDL) by stimulating receptors. One of the best mushroom sources of this antioxidant. Oyster mushrooms are also good sources of protein, fiber, potassium, vitamin B6 and folate. Mushrooms contain protein, vitamins, minerals, and antioxidants (selenium, vitamin C and choline). These can have various health benefits. For example, antioxidants are chemicals that help the body eliminate free radicals. Free radicals are toxic by products of metabolism and other bodily processes. They can accumulate in the body, and if too many collect, oxidative stress can result. This can harm the body's cells and may lead to various health conditions. Many mushroom species contain an antioxidant called ergothioneine, which decreases inflammation in the body.

**Cancer** -The antioxidant content in mushrooms may help prevent lung, prostate, breast, and other types of cancer, according to the National Cancer Institute.

**Diabetes**-Dietary fiber may help manage a number of health conditions, including diabetes. A 2018 review of meta-analyses concluded that people who eat a lot of fiber may have a lower risk of developing type 2 diabetes. For those who already have it, fiber may help reduce blood glucose levels. A cup of sliced, raw mushrooms, weighing 70 grams (g), provides almost 1 g of fiber. Mushrooms, beans, some vegetables, brown rice, and whole-grain foods can all contribute to a person's daily requirement of fiber.

**Heart health**-The fiber, potassium, and vitamin C in mushrooms may contribute to cardiovascular health. Potassium can help regulate blood pressure, and this may decrease the risk of hypertension and cardiovascular disease. The American Heart Association (AHA) recommend reducing the intake of added salt in the diet and eating more foods that contain potassium.

**In pregnancy**-Many women take folic acid, or folate, supplements during pregnancy to boost fetal health, but mushrooms can also provide folate. A cup of whole, raw mushrooms contains 16.3 micrograms (mcg) of folate. Current guidelines recommend that adults consume 400 mcg of folate each day.

**Rich source of Vitamins**- Mushrooms are rich in B vitamins, such as B vitamins help the body get energy from food and form red blood cells. A number of B vitamins also appear to be important for a healthy brain. The choline in mushrooms can help with muscle movement, learning, and memory. Mushrooms are also the only vegan, non-fortified dietary source of vitamin Several other minerals that may be difficult to obtain from a vegan diet - such as selenium, potassium, copper, iron, and phosphorus - are available in mushrooms.



# MUSHROOM *Recipe*



## 1. Fried Oyster Mushrooms

<b>Ingredients:</b> mushroom	300 grams
egg	1
cooking oil	500 grams
flour	100 grams
raw powder	100 grams
salt	10 grams
cold water	250 grams
salt and pepper	to taste



### Steps:

1. Wash the oyster mushrooms and tear them into small piece.



2. Mix the flour, raw powder and water together, and then add 5 grams of cooking oil and an egg stir them clockwise and make the batter.



3. Add salt to the mushroom pieces and marinate.



4. Put the mushroom pieces into the batter and wrap every piece of mushrooms with batter.







# MUSHROOM *Recipe*



5. Heat the oil in the pot until the temperature reaches 160 degree; put the mushroom pieces wrapped with batter into the oil and fry them until the color is golden yellow. Scoop them out.

**Steps:**  
6. Sprinkle salt and pepper to taste.



## 2. Mao Mu'er (Auricularia) Salad

### Ingredients:

Dry Mao Mu'er, green chili, red chili, garlic, green onion, onion, ginger, parsley

### Seasoning:

cooking oil, salt, sugar, balsamic vinegar, sesame oil, chili oil, chicken essence, soy sauce, chili sauce, pepper oil.

### Steps:

1. Soak the dry Mao Mu'er into water until it becomes soft, clean it and cut the root.

2. Boil the water in the pot, put the Mao MU'er in the boiling water for 5 minutes then scoop them out





# MUSHROOM *Recipe*



3. Put the Mao Mu'er into the cold water then scoop them out and squeeze water.



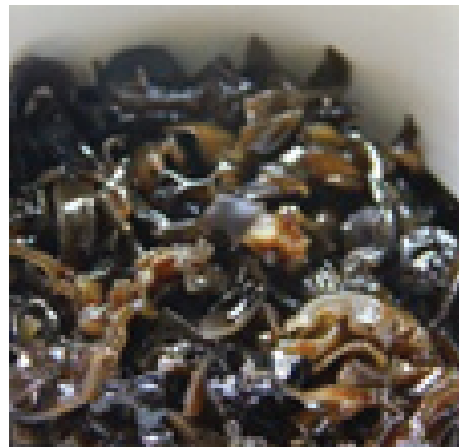
4. Cut garlic, ginger, onion, green chili and red chili into small pieces.



5. Add the salt, sugar, balsamic vinegar, sesame oil, chili oil, chicken essence, soy sauce, chili sauce, pepper oil into the Mao Mu'er and mix them evenly.



6. Heat the oil in the pan, stir fry garlic, ginger and green onions until you can smell the flavour.





# MUSHROOM *Recipe*



7. Add two tablespoons chili sauce in the pan and stir evenly.

8. Pour the oil from the pan to the Mao Mu'er and add parsley on top.



### 3. Stir Fried Oyster Mushroom

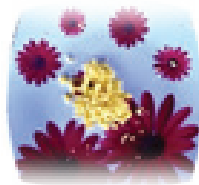
#### Ingredients:

- Oyster Mushroom 400g
- One green pepper
- One Chive
- 5 grams of ginger

**Seasoning:** 4 tablespoons of vegetable oil, salt

1. Wash the oyster mushrooms and tear them into strips;

2. Cut the green and red pepper into stripes, cut the chive into sections, and slice the ginger and garlic.

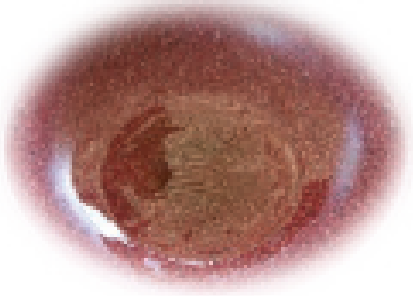




# MUSHROOM *Recipe*



3. Heat vegetable oil in the work (pot);



4. Put the white sections of the chive, ginger slices, and garlic slices, and stir fried until you can smell the fragrance of them;



5. Add the oyster mushrooms, green and red pepper and stir-fry 5 minutes;



6. Add the green sections of chive and stir fry for 10 seconds;



7. Transfer to serving dishes.





# MUSHROOM *Recipe*



## 4. Batter Fried Mushroom with Lolo.

### Ingredients

- Mushroom 300 grams
- Egg 1
- Cooking oil 500 grams
- Flour 100 gram
- Raw Powder 100 grams
- Salt 10 grams
- Cold water 250 grams
- Salt and pepper to taste
- Coconut Milk
- Coriander

### Steps:

1. Wash the oyster mushrooms and tear them into small piece.



3. Add salt to the mushroom pieces and marinate.



2. Mix the flour, raw powder and water together, and then add 5 grams of cooking oil and an egg stir them clockwise and make the batter.



4. Put the mushroom pieces into the batter and wrap every piece of mushrooms with batter.





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5. Heat the oil in the pot until the temperature reaches 160 degree; add mushroom pieces wrapped with batter into the oil and fry them until the color is golden yellow. Scoop them out.



6. Arrange stir fried mushroom in a tray, sprinkle onion, Coriander, Salt and add coconut milk on top.



7. Put in the oven for 10-15 minute until the Lolo is boil.



8. Mushroom stir fried mushroom with Lolo is ready.





# MUSHROOM *Recipe*



## 5. Oyster Mushroom Chop suey

### Ingredients

- 500g Mushroom
- 1 Bundle Long Bean
- Carrot
- Garlic
- Ginger
- Soy Sauce
- Chop sue Noodle
- Soya bean oil
- Salt
- Cabbage

1. Wash the oyster mushroom thoroughly with water and drain the excess water.



2. Use your hand to shred the Mushroom into pieces.



3. Heat 2 tabs of oil, add onion and 1 tabs of salt.



4. Add fried Chickens.





# MUSHROOM *Recipe*



5. Add fry vegetables and mushroom.



6. Add chow mean noodles, mixed it and let it cook for 5 minute.



7. Transfer to serving Dishes.







# MUSHROOM *Recipe*



## 6. Rourou Lolo with Mushroom

### Ingredients

- 300g Mushroom
- Coconut cream 250g
- Taro Leaves 1 Bundle
- Salt

### Step

1. Wash the oyster Mushroom and tear them into pieces.



3. Tear Taro leaves into fine strips, and place them in hot boiling coconut cream to cook.



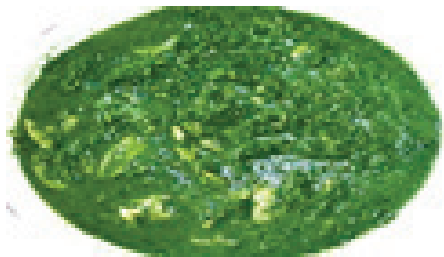
2. Scrap the coconut into fine piece. Squeeze the milk the coconut and put aside.



4. Once the taro leaves (Rourou) is finely cooked, add your Mushroom to your dish and cook for another 2-3 minute approx. add salt to taste.



5. Serve Hot, with any Root crop of your choice





# MUSHROOM *Recipe*



## 7. Stuffed Egg with Mushroom Filling

### Ingredients:

- Mushroom 200g
- Purple Onion
- Coriander Leaves
- Eggs 1 dozen
- Oil
- Butter
- Salt to taste

### Method:

1. Wash oyster Mushroom thoroughly with water and drain any excess water.



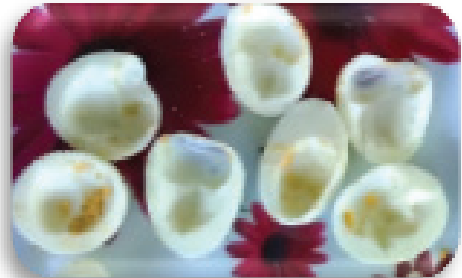
2. Cut the Mushrooms into small fine pieces, as well as, purple onion and coriander leaves, put aside.



3. Boil Egg in Hot Boiling water approx. 10-15minute.



4. Remove the eggs and place them in cold water to cool down, once cooled peel the eggs, and half them into two.



5. Remove the egg yolk and mix well with the other ingredients with butte.





# MUSHROOM *Recipe*



## 8. Mushroom Balls with Coconut Milk

### Ingredients:

- Mushroom - 300g
- Eggs
- Onion
- Garlic
- Coriander
- Flour
- Oil
- Coconut Milk
- Salt to Taste

### Method:

1. Wash Mushroom thoroughly with water and cut them into fine pieces.



5. Deep-Fry Mushroom Balls into, oil and fry them until the color is golden Brown.



2. Chop Garlic, Onion and coriander leaves and set aside.

3. Break eggs and mix them with above ingredients

4. Roll mixture into Balls and coat them with Flour



6. Add coconut milk to the Mushroom Balls and leaves it to simmer for 30 minutes(approx.)



7. Serve hot with cassava/Dalo.





# MUSHROOM *Recipe*



## 9. French toast with Mushroom

### Ingredients

- Mushroom - 300g
- Coriander Leaves
- Egg
- Bread
- Butter
- Salt to taste
- Oil

### Method

1. Cut mushroom into fine tiny piece set aside.



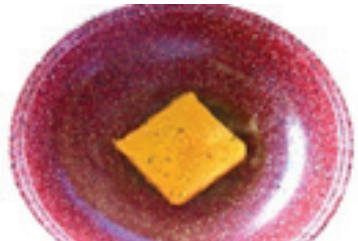
2. Chop Purple onion, coriander leaves into fine tiny pieces.



3. Whisk eggs mushroom and above ingredients together to form a mixture add salt to taste.



4. Butter the bread on both sides and dip it in the mixture.



5. Shallow fry the French toast for 2 minute, and transfer to serving dish and serve with hot tea.





# MUSHROOM *Recipe*



## 10. Fried rice with mushroom

### Ingredients:

- Rice-100g
- Soy sauce
- Egg
- Mixed Vegetables
- Salt
- Oil
- Onion
- Garlic
- Ginger

### Method

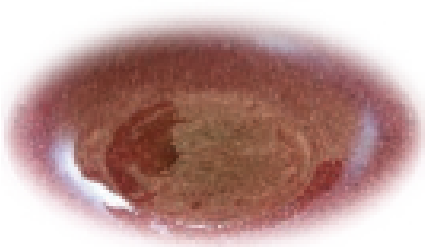
1. Cooked 200g of Rice



2. Tear the mushroom into pieces.



3. Heat two tbs of oil into the pot



4. Add slice Garlic, Onion and mushroom piece in the pot



5. Add mushroom and mixed vegetable





# MUSHROOM *Recipe*



6. Add rice and cooked for another 5 minute then your fried mushroom is ready.

7. Fried rice is ready to serve.



