

5. Saute the onion, garlic, tomatoes, mushrooms, chilli powder and salt.
6. Cook for 5 to 6 minutes.
7. Spread the mixture over the rolled dough and sprinkle with grated cheese.
8. Bake in a very hot oven for 20 minutes.

V. Mushroom Omlet

Ingredients:

Mushroom sliced -50g
Eggs -4
Cream -2g
Salt and pepper to taste
Onion -50g
Butter -3teaspoon
Coriander leaves chopped - 2 teaspoons



Method:

1. Melt 1 teaspoon butter in a pan. Saute mushroom and onion till soft.
2. Beat eggs, cream, salt & pepper.
3. Melt 1 teaspoon butter in pan.
4. Pour in eggs, cook till underside of omelet is cooked.
5. Put mushroom in the centre.
6. Garnish with coriander leaves
7. Fold just enough to set the eggs and serve hot.

VI. Mushroom Kurma

Ingredients:

Mushroom -100g
Peas -25g
Potato -25g
Tomato -50g
Green chillies -4 to 5
Coconut -20 g
Clove -4 to 5
Pepper -2 to 3
Ginger Small piece
Cinnamon Small piece
Garlic -5 to 6 pods
Haldi powder - ½ teaspoon
Onion -2 big size
Coriander seeds -02 teaspoons



Method:

1. Cut all the vegetables into pieces partially cook them except mushrooms and tomatoes.
2. Make a paste of green chillies, ginger and garlic
3. In a kadai heat oil fry coriander leaves, cloves, pepper, cinnamon and coconut.
4. Chop the onion and tomatoes.
5. Slice the mushrooms.
6. In a vessel, heat ghee, fry onion, tomatoes and ginger garlic paste.
7. Add sliced mushroom, cooked vegetables and grinded masala.
8. Add salt & haldi powder.
9. Garnish with coriander leaves
10. Serve hot.

VII. Mushroom Non-veg Soup

Ingredients:

Mushroom -100g
Meat stock -250ml
Onion -50g
Tomato -50g
Milk -20ml
Butter -10g
Salt and pepper to taste
Maida refined flour -1 teaspoon



Method:

1. Boil mushroom & meatstock for 15 to 20 minutes.
2. Heat butter and fry refined flour slightly then add onion & tomatoes. Add milk and cook for 2 minutes.
3. Add cooked mushroom along with meatstock.
4. Add salt and pepper and 1 teaspoon soya sauce.
5. Serve hot.

VIII. Mushroom Bhajia

Ingredient:

Mushroom -100g
Onion -50g
Green chillies -5 to 6
Salt to taste
Besan -150g
Jeera -1 teaspoon
Haldi powder -½ teaspoon
Chilli powder -½ teaspoon
Oil for frying -80 ml
Coriander leaves -½ bunch (small)



Method:

1. Cut all the vegetables into pieces partially cook them except mushrooms and
2. tomatoes.
3. Make a paste of coriander leaves, green chillies, ginger and garlic.
4. Chop the onion and tomatoes.
5. Slice the mushrooms.
6. In a vessel, heat ghee, fry onion, tomatoes and green masala.
7. Add sliced mushroom, cooked vegetables and masala powder.
8. Add coconut milk, salt & haldi powder.
9. Serve hot.

Source for
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Recipes of Mushroom



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Introduction

Mushroom are popular as a delicacy and have good nutritive value. It is a well established fact that they are excellent source of vitamins and minerals. Fresh mushroom contains about 85% to 95% moisture, 3% protein, 4% carbohydrates, 0.3 -0.4% fat and minerals. Mushrooms are good source of Thiamine, Riboflavin, Niacin and Ascorbic acid. Being low in sodium content they are useful in adding flavour to dishes. With low carbohydrates and fat contents, they constitute an ideal diet for diabetic patient. Though mushrooms have found a prominent place in Indian cuisine, the housewife is often hesitant to cook mushroom mainly due to the ignorance about their edibility or lack of knowledge on methods of cooking.

Medicinal values

1. Good for heart

The edible mushrooms have little fat with higher proportion of unsaturated fatty acids and absence of cholesterol and consequently it is the relevant choice for heart patients and treating cardiovascular diseases. Minimal sodium with rich potassium in mushroom enhances salt balance and maintaining blood circulation in human being.

2. Low calorie food

The diabetic patients choose mushroom as an ideal food due to its low calorific value, no starch, little fat and sugars. The lean proteins present in mushrooms help to burn cholesterol in the body. Thus it is most preferable food for people striving to shed their extra weight.

3. Anti-aging property

The polysaccharides from mushrooms are potent scavengers of super oxide free radicals. These antioxidants prevent the action of free radicals in the body, consequently reducing the aging process.

4. Regulates digestive system

The fermentable fiber as well as oligosaccharide from mushrooms acts as a prebiotics in intestine and therefore they anchor useful bacteria in the colon. This dietary fibre assists the digestion process and healthy functioning of bowel system.

5. Strengthens immunity

Mushrooms are capable of strengthening the immune system. A diverse collection of polysaccharides (beta-glucans) and minerals, isolated from mushroom is responsible for up-regulating the immune system.

Few points to be kept in mind while cooking mushrooms:

1. Mushrooms like vegetables are purely vegetarian diet.
2. Mushrooms should be purchased fresh. If stored, they should not have a decaying rotten smell and slimy appearance.
3. Before cooking, mushrooms should be cleaned with water to remove all adhering debris.
4. Peeling or scrapping the outer skin of mushrooms is not advisable as it is not only time consuming but also result in loss of nutrients.
5. Mushrooms unlike vegetables retain their shape and do not dissolve with gravy while cooking.
6. Mushrooms can be blended with other ingredients as per the individual taste preference.
7. Edible mushrooms should be identified and differentiated from other non-edible poisonous ones.

Mushroom Recipes:

I. Mushroom cutlets

Ingredients:

Mushroom	-200g
Tomato	-100g
Onion	-100g
Potato	-200g
Garlic	-5-6 pods
Salt to taste	
Green Chillies	-6 to 7
Rawa	-100g
Ghee for frying	-100g
Hal di Powder	-One teaspoon
Ginger	-Small piece
Coriander leaves	one small bunch



Method:

1. Boil the potatoes and peel it.
2. Chop onion and tomatoes.

3. Grind coriander leaves, ginger, garlic and chillies into a paste.
4. Mash potatoes and slice mushrooms
5. In a vessel, heat ghee, fry onion, green masala and tomatoes.
6. Fry till onion and tomatoes are soft.
7. Add mushroom and mashed potatoes.
8. Add salt, haldi powder to it.
9. Make the above mixture in to balls, roll it in rawa and shallow fry in ghee on tawa.

II. Mushroom Fried Rice

Ingredient:

Rice	-100g
Mushroom	-50g
Green peas	-50g
Carrot	-50g
Capsicum	-100g
Lemon	-1no
Bay leaves	-2Nos
Clove	-5 to 6
Pepper	-7 to 8
Oil	-80 ml
Spring onion	-50g
Ginger garlic paste	-10g
Onion	-50g
Cinnamon	-2 to 4 pieces



Method:

1. Boil the rice till it is partially cooked then add salt, bay leaf and drain the rice.
2. Slice the mushrooms, carrots and capsicum.
3. Boil green peas and carrots.
4. In a vessel, heat oil fry onion, ginger garlic paste and cloves, cinnamon, pepper then add capsicum fry for sometime then add remaining vegetables and fry till vegetables are soft.
5. Add rice to the cooked vegetable, oil and lemon juice.
6. Cook for 2 minutes.
7. Serve hot.

III. Sweet and Sour Mushrooms

Ingredients:

Tomato	-150g /
Or tomato ketchup	- 2 tablespoon
Pepper powder	-1 teaspoon

French beans	-10g
Carrot	-25g
Capsicum	-50g
Onion	-25g
Maida	-10g
Corn flour	-20g
Mushroom	-100g
Cauliflower	-25g
Oil for frying	-60ml
Onion	-50g
Ginger garlic paste	-10g
Soya sauce	- 1 teaspoon



Method:

1. Clean and cut vegetables into cubes.
2. Make a batter with maida and cauliflower, pepper powder and salt.
3. Cook the tomatoes and make a puree.
4. Dip the mushroom and other vegetables into butter and fry till golden brown.
5. In a vessel, fry onion, ginger garlic paste and capsicum till it is soft.
6. Add tomatoes puree or ketchup, boil it then add fried vegetables,soya sauce and simmer for some time.

IV. Mushroom Pizza

Ingredients:

Refined flour	-60g
Fresh yeast	-5 g
Mushroom	-50g
Tomato	-75g
Onion	-20g
Cheese	-20g
Garlic	-1 flake
Chilli powder	-1 pinch
Salt	-½ teaspoon
Butter	-1 teaspoon



Method:

1. Sieve the flour with salt. Mix the yeast into flour and add enough water to make dough. Cover the dough till it becomes double in size and knead the dough.
2. Roll out dough to 1cm thickness.
3. Grease the pizza tray and place the rolled out dough into tray.
4. Chop the onion, tomatoes and mushrooms.