

6. Cook for 5 to 6 minutes.

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- 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

Cream Salt and pepper to taste

Onion

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.

-50g

VI. Mushroom Kurma

Ingredients:

Mushroom -100g

-25g Peas -25g Potato

Tomato

Green chillies -4 to 5

-20gCoconut

Clove -4 to 5

-2 to 3 Pepper

Ginger Small piece

Cinnamon Small piece

Garlic -5 to 6 pods Haldi powder - ½ teaspoon

-2 big size Onion

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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

- In a kadai heat oil fry coriander leaves, cloves, pepper, cinnamon and coconut.
- Chop the onion and tomatoes.
- 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.
- Add salt & haldi powder.
- Garnish with coriander leaves
- 10. Serve hot.

VII. Mushroom Non-veg Soup

Ingredients:

Mushroom -100g

Meat stock

Onion

Tomato Milk

-10g Butter

Salt and pepper to taste



Method:

- 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.
- Add cooked mushroom along with meatstock.
- Add salt and pepper and 1 teaspoon soya sauce.
- Serve hot.

Mushroom Bhajia

Ingredient:

-100g Mushroom -50g Onion

Green chillies -5 to 6

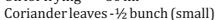
Salt to taste

-150g Besan

-1 teaspoon Haldi powder -1/2 teaspoon

Chilli powder -½ teaspoon

Oil for frying -80 ml



Method:

1. Cut all the vegetables into pieces partially cook them except mushrooms and

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- 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.
- Add coconut milk, salt & haldi powder.
- Serve hot.

Source for **Medicinal Value and Nutrient of Mushroom:** ICAR - Directorate of Mushroom Research Solan, Himachal

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Introduction

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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.

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.

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.

Regulates digestive system

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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.

Strengthens immunity

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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

Mushroom Recipes:

I. Mushroom cutlets

Ingredients: Mushroom -200g -100g Tomato

-100g Onion -200g Potato -5-6 pods Garlic

Salt to taste

Green Chillies -6 to 7 -100g Rawa

Ghee for frying -100g Haldi Powder -One teaspoon -Small piece Ginger

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
- 4. Mash potatoes and slice mushrooms
- 5. In a vessel, heat ghee, fry onion, green mas ala 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 -50g Mushroom Green peas -50g Carrot -50g Capsicum -100g - 1no Lemon -2Nos Bay leaves Clove -5 to 6 -7 to 8 Pepper Oil -80 ml Spring onion -50g Ginger garlic paste -10g Onion Cinnamon -2 to 4 pieces

Method:

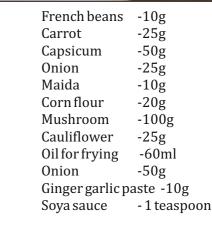
- 1. Boil the rice till it is partially cooked then add salt, bay leaf and drain the rice.
- 2. Slice the mushrooms, carrots and capsicum.
- 3. Boil green peas and carrots.
- 4. In a vessel, heat oil fry onion, ginger garlic paste and cloves, cinnamon, pepper then add capsicum fry for sometime then add 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/ Ortomato ketchup - 2 tablespoon Pepper powder - 1 teaspoon

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Method:

- 1. Clean and cut vegetables into cubes.
- 2. Make a better with maida and cauliflour, 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

IV. Mushroom Pizza

Ingredients: Refined flour -60g -5 g Fresh yeast Mushroom -50g -75g **Tomato** Onion -20g Cheese -20g Garlic

-1 flake Chillipowder -1 pinch

Salt -1/2 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.



















