

# Oyster mushroom soup



Oyster mushroom soup

For 6 servings:

For the vegetable stock:

- 1 carrot
- 1 onion, cut into large pieces
- 1 parsnip
- 1/2 celeriac or 2 stalks celery, cut
- 2 potatoes, cut in half
- 2-3 bay leaves
- 10 peppercorns

Put all ingredients in a soup pot with 2 liters water. When the vegetables are done remove them from the water (they can be served as salad, with garlic sauce or horseradish sauce).

Leave the pot on the stove on low heat.



Oyster mushroom soup

- 300 g oyster mushrooms, sliced [ ] approx. 0.5 cm thick
- 1 carrot, grated
- 1 yellow bell pepper, finely sliced
- 250 ml vegan sour cream (or 1 cup soy milk mixed with 2 tablespoons flour)
- 2 tablespoons olive oil
- 3-5 cloves garlic, mashed – to taste
- 3-5 tablespoons vinegar, to taste

Heat 1 tablespoon oil in a pan and add the carrots and bell pepper. Fry, stirring occasionally, until tender.



Oyster mushroom soup

Blend until smooth.



Oyster mushroom soup

Heat 1 tablespoon of oil in a pan and add the mushrooms. Fry, stirring occasionally. Add the moisture from the mushrooms to the vegetable stock. Continue frying until tender, taking care not to brown the mushrooms.



Oyster mushroom soup

Add the carrot/bell pepper paste and the mushrooms to the vegetable stock. Cook for a few minutes.

Add the vegan sour cream and salt (to taste).

Add the garlic and vinegar to taste and continue cooking for a few minutes longer.

Serve with fresh chili.

---

# Sauteed mushrooms with polenta



## **For 4 servings:**

600 g mushrooms, sliced  
2 tablespoons oil  
3-4 cloves of garlic, mashed  
dill (or parsley), finely chopped  
salt and pepper, to taste

Fry the mushrooms for approx. 6-7 minutes, stirring occasionally until the moisture evaporate. Add the garlic, dill, salt and pepper and stir fry for another 2-3 minutes.

## **Polenta:**

500 g cornmeal for polenta  
1.5 liters of water  
1/2 tsp. salt

Bring the water to a boil in a heavy large saucepan and add the salt. Sprinkle 2 tablespoons of cornmeal stirring continuously and cook for 1-2 minutes. Gradually whisk in the remaining cornmeal. Reduce the heat to low, cover and cook until the mixture thickens and the cornmeal is tender, stirring often, about 30 minutes, depending on the quality of the cornmeal (see the instructions on the package).

---

# Portobelloburger



Portobelloburger

For 4 servings:

4 Portobello mushrooms

4 burger buns

*For the marinade:*

1 small onion, finely chopped

4 cloves garlic, mashed

1 teaspoon rosemary

1 teaspoon thyme

chili flakes, to taste

2 tablespoons olive oil

1 tablespoon balsamic vinegar

salt and pepper to taste

Prepare a marinade by mixing all the ingredients.

Pour over the mushrooms and coat evenly. Allow to marinate for at least an hour in the refrigerator.

Grill on the hot grill, 3-4 minutes on each side.

Cut the burger bun in half, add the portobello and salad, finely chopped onions, tomatoes, mustard, ketchup, [vegan mayonnaise](#) or garlic sauce, to taste.

---

## Peas and mushrooms in tomato sauce



Peas and mushrooms in tomato sauce

### **For 2-3 servings:**

500 g peas (fresh or frozen)  
250 g mushrooms, sliced  
1 onion, chopped  
1 bell pepper, cubed/sliced  
5-6 tomatoes, finely chopped (2 tablespoons tomato puree)  
parsley / dill, finely cut  
1-2 tablespoons oil  
salt and pepper, to taste

Stir fry the onion in oil for 2-3 minutes. Add the mushrooms, cover and stir occasionally. After 5-6 minutes, add the tomatoes (or the tomato puree dissolved in a cup of water).

Continue cooking for a few minutes then add the green pepper and the peas.

When vegetables are cooked add salt and pepper to taste. Garnish with parsley or dill.

Serve with salad.

---

## Stuffed mushrooms



Stuffed mushrooms

### **For 2 servings:**

250 g mushrooms

1-2 cloves of garlic, mashed

2 tablespoons nutritional yeast

dill, finely cut

salt and pepper, to taste

Wash the mushrooms and remove the stems.

Chop the stems finely and mix with the rest of the ingredients. Fill each mushroom cap with the mix.



Stuffed mushrooms

Bake in the oven on medium heat (175C) for 15 minutes.

Serve warm.

---

## Mushrooms salad



1/2 kg mushrooms, sliced

2-3 garlic cloves (to taste), mashed

2 tablespoons oil

2-3 tablespoons chopped fresh dill

1-2 tablespoons [vegan mayonnaise](#)

salt and pepper

Stir fry the mushrooms in oil until all the moisture evaporates. Let it cool than place them in a bowl and mix with the vegan mayonnaise, mashed garlic and the dill. Add salt and



pepper to taste.

---

## Mushrooms – peas curry



Mushrooms / peas curry

### **For 3-4 servings:**

250 g mushrooms, sliced

200 g peas (fresh or frozen)

3 tomatoes, chopped

2 tablespoons oil

2 cm ginger, peeled and chopped (or 1 teaspoon ginger powder)

1 teaspoon cumin seeds

$\frac{1}{2}$  teaspoon turmeric

2 tsp coriander powder

chilli / chilli powder to taste

Fresh cilantro for garnish (optional )

Heat the oil in a pan and add the cumin seeds . Fry them for 2-3 minutes , until they begin to pop.

Add the □□mushrooms and fry them, stirring occasionally (if you are using fresh peas then it will be added together with the mushrooms). If necessary add a tablespoon of water.

When the mushrooms are slightly softened add the tomatoes, ginger, coriander powder, chilli and the frozen peas. Continue to cook, stirring occasionally. When the vegetables are done add the turmeric and cook for another minute.

Garnish with finely cut fresh coriander and/or hot peppers.

Serve with basmati rice/biryani and/or naan bread.

---

## Mushroom roulade



Mushroom roulade

### **For the dough:**

2 cups flour

$\frac{1}{2}$  cup oil

1 packet of baking powder

salt

water

### **For the filling:**

500 g mushrooms, finely sliced

1 onion, finely chopped

100 ml vegetable cream

dill/parsley, finely chopped  
1 teaspoon locust bean gum  
2 tablespoons oil  
salt and pepper

Mix all the ingredients for the dough and add water little by little, until the dough has the consistency of cream. Line a mid-size oven tray with baking paper, pour the mix and bake at medium heat until brown golden.

Fry the mushrooms and the onion in oil until the moisture evaporates. Add the vegetable cream, the locust bean gum (for thickening composition), the dill/parsley, salt and pepper to taste and mix. Allow to cool slightly.

Spread the dough with the mushroom mix leaving a border of about 2cm all

the way around the edges. Roll gently and tight using the paper to help (pulling it away from you as you roll). Pack the roulade in the papier and refrigerate.

Before serving cut into about 2 cm slices. Serve as appetizer.

---

## Sauteed mushrooms



## Sautéed mushrooms

### For 2-3 servings:

500 g mushrooms, quartered  
2 tablespoons oil, preferably olive oil but not cold pressed  
3-4 cloves of garlic, mashed  
parsley, finely chopped  
1-2 cm fresh ginger, grated (optional)  
salt and pepper, to taste

Fry the mushrooms for approx. 6-7 minutes, stirring occasionally until the moisture evaporate. Add the rest of the ingredients and continue cooking for another 2-3 minutes.

Serve with [polenta](#), grilled tofu, [seitan](#) etc.

---

## Mushrooms in tomato sauce



Mushrooms in tomato sauce

### For 3-4 servings:

1 kg mushrooms, chopped  
4 large onions, finely sliced  
4 sweet peppers, finely sliced

1/2 kg fresh tomatoes,peeled and finely chopped/ 1 can (400g)  
diced tomatoes  
1 bunch parsley, finely chopped  
2-3 bay leaves  
2 tablespoons oil  
salt and pepper, to taste

Stir fry the onions in oil until soft. Add the peppers, the mushrooms and the bay leaves. Cook for approx. 5-6 minutes then add the tomatoes. Cover and simmer until the mushrooms are done. Add salt and pepper to taste and garnish with parsley.

Serve with hot [polenta](#) and/or mixed salad.