

# MUSHROOMS IN THE PLANT-FORWARD KITCHEN:



## Recipes

These materials were developed by The Culinary Institute of America as an industry service to the Mushroom Council.

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# Pork and Mushroom Mapo Tofu

*Yield: Serves 4-6*

<b>Ingredients</b>	<b>Amounts</b>
Silken tofu, cut in ½-inch cubes	16 oz
Vegetable oil	1 oz.
Cremini mushrooms, finely chopped	8 oz.
Ground pork	6 oz.
Shallots, finely chopped	2 ea.
Ginger, finely chopped	2 oz.
Garlic, finely chopped	1 oz
Scallion, sliced, white and green separated	2 ea.
Doubanjiang (spicy bean paste), or sambal	2 tbsp.
Szechuan peppercorns, ground	1 tbsp.
Fermented black beans, chopped	1 tbsp.
Soy sauce	1 tbsp.
Black vinegar or rice vinegar	1 tbsp.
Chicken or vegetable stock	1 cup
Cornstarch	1 tbsp.
Sesame oil	2 tsp.

## Method

1. In a saucepan with boiling water, blanch the tofu cubes for 1 minute. Gently strain and set aside.
2. Heat a wok over high heat.
3. Add ½ the vegetable oil to a very hot wok. Add the mushrooms and the ground pork and stir fry until the meat is cooked and all liquid has evaporated. Remove from the wok and reserve.
4. Add the remaining vegetable oil to the wok without cleaning it. Add the shallots, ginger, garlic, sliced white part of the scallion (reserving the green for garnish) and stir fry for a few minutes until fragrant.
5. Add the doubanjiang, Szechuan peppercorns, and fermented black beans, and stir fry for a few minutes. It can become bitter if burned.
6. Add the mushroom and pork mixture back to the wok.
7. In a bowl, mix together the soy sauce, vinegar, stock, cornstarch and sesame oil. Add the mixture to the wok, stirring until it boils and thickens slightly.
8. Turn off the wok and very gently stir in the tofu to coat.
9. Garnish with the green sliced scallions and serve with steamed rice and additional chili paste on the side.

# Mushroom Kibbeh

*Yield: 6 servings, approximately 20 kibbeh*

<b>Ingredients</b>	<b>Amounts</b>
<b><i>Filling</i></b>	
Extra virgin olive oil	2 tbsp.
Onion, finely minced	3 oz.
Ground beef, lamb or 50/50	3 ½ oz.
Cremini mushrooms, finely chopped	4 oz.
Pistachio, walnut or pinenuts, finely chopped	1 oz.
Kibbeh spice mix, recipe follows	1 tbsp.
Sumac	1 tbsp.
Salt	to taste
<b><i>Casing</i></b>	
Fine bulgur	7 oz.
Very hot water	
Onion, roughly chop	2 oz.
Ground beef, lamb or 50/50	6 oz.
Cremini mushrooms, roughly chopped	3 oz.
Kibbeh spice mix, recipe follows	2 tsp.
Cornstarch	1 tbsp.
Salt	1 tsp.
Canola or vegetable oil, for frying	as needed
Salted yogurt	2 cups

## **Method**

- 1) Soak the bulgur in the very hot water for 20-30 minutes while you make the filling.
- 2) ***For the filling:*** In a very hot pan, heat the olive oil and then saute the onions until they are golden brown.
- 3) Add the ground meat and mushrooms and continue to cook with the onions until all are golden brown.
- 4) Add the nuts and the kibbeh spice mix. Turn off the heat and add the sumac and salt. Set aside while you make the casing.
- 5) ***For the casing:*** Squeeze as much moisture as possible out of the bulgur and place in a large bowl.
- 6) Place the onion, meat, and mushrooms in a food processor and pulse until the mixture has a paste-like consistency.
- 7) Add the kibbeh spice mix, cornstarch and salt. Add this mixture to the squeeze-dried bulgur in the large bowl. Knead together with your hands until the mixture is homogeneous. Refrigerate for ½ hour to 3 hours.

- 8) *For the Kibbeh:* Set a bowl of water in your workstation for your hands.
- 9) Form the casing mixture into golf ball size pieces (approximately 20).
- 10) Using a wet index finger, insert your finger into the center of the “golf ball” and form a cup-like structure.
- 11) Fill with 2 tsp. of the mushroom and meat mixture, then close the casing around the filling. Form the kibbeh into a traditional football shape.
- 12) Heat the oil to 350°F.
- 13) Fry the kibbeh in batches to avoid cooling the oil temperature.
- 14) Drain on a cooling rack and serve hot with salted yogurt.

# Kibbeh Spice Mix

*Yield: ¾ cup of spice mix*

<b>Ingredients</b>	<b>Amounts</b>
Cumin seeds	2 tbsp
Coriander seeds	1 tbsp.
Black peppercorns	1 tbsp.
Cinnamon	2 tbsp.
Allspice berries, or garam masala	1 tsp.
Turmeric	1 tbsp.
Ground ginger	1 tbsp.
Paprika	1 tbsp.
Chili flakes, or cayenne	1 tbsp.
Salt	1 tbsp.

## **Method**

- 1) Grind all ingredients together in a mortar and pestle or spice grinder. Keep any remaining spice mix for next use.

# Portabella Mushroom Shakshuka

*Yield: Serves 4*

Ingredients	Amounts
Portabella mushrooms	4 ea.
Olive oil spray	as needed
Salt	as needed
Black pepper	as needed
Extra virgin olive oil	2 tbsp.
Onion, finely chopped	8 oz. (1 medium)
Red bell pepper, chopped	4 oz. (1 small)
Yellow bell pepper, chopped	4 oz. (1 small)
Garlic cloves, finely chopped	4 ea
Ground cumin	2 tsp.
Smoked paprika	1 tbsp.
Aleppo pepper flakes	1 tbsp.
Canned tomatoes, crushed or diced	28 oz.
Red wine vinegar	1 tbsp.
Water, to thin sauce	as needed
Sugar (optional)	to taste
Salt	to taste
Eggs	4 ea
Cilantro, roughly chopped	¼ cup
Flat leaf parsley, chopped	¼ cup

## Method

1. Line a sheet pan with tin foil and preheat the oven to 400°F.
2. Remove the gills from the portabella mushrooms with a spoon. Spray liberally with olive oil and season with salt and pepper. Place the mushrooms gill side up on the sheet pan and roast for 20 minutes or until tender. Remove and turn the oven down to 350°F.
3. While the mushrooms are roasting, prepare the shakshuka sauce. In a deep saute pan, heat the olive oil and add the onions. Saute until translucent. Add the peppers and garlic, lower the heat to medium and cook for 10-15 minutes until the peppers are soft and the onions are caramelized and golden.
4. Add the spices, tomatoes and vinegar. Adjust the heat to low, partially covered with a lid, and simmer for 10 minutes. The sauce should have the consistency of a light pasta sauce. If the sauce is too thick, adjust by adding some water. Adjust the seasoning to taste with additional Aleppo pepper flakes, sugar and salt.
5. **To assemble the shakshuka:** This dish can be served in individual or a 9-inch cast-iron skillet.
6. Place ½ the tomato-pepper sauce in the bottom of the cast-iron. Arrange the mushrooms on the sauce, gill side up. Add the remaining sauce in each of the mushrooms. Create a divot with the back of a spoon and carefully crack an egg into each divot.
7. Place in a 350°F oven until the eggs are set and the sauce is bubbling, approximately 20 minutes.

8. To serve, season each egg with a little salt and Aleppo pepper. Sprinkle feta and a liberal amount of herbs over the dish. Serve piping hot with a toasted baguette or grilled flatbread.



# Mushroom & Kimchi Fried Rice

*Yield: Serves 4*

<b>Ingredients</b>	<b>Amounts</b>
Vegetable oil, divided	3 tbsp.
Mushrooms, a mix of cremini, oyster, shiitake, etc.	8 oz.
Ground pork (optional)*	6 oz
Onion, sliced	4 oz
Garlic, minced	½ oz
Ginger, minced	1 oz.
Brown rice, cooked and cooled	3 cups
Kimchi, small dice	8 oz.
Kimchi juice	4 tbsp.
Gochujang	2 tbsp.
Soy sauce	2 tbsp.
Sesame oil	2 tbsp.
Carrot, julienne	2 oz.
Kale, shredded	3 oz.
Scallion, thinly sliced	4 ea.
Sesame seeds	¼ cup
Eggs, cooked sunny side up	4 ea.
Roasted seaweed sheets, julienne	4 tbsp.

## **Method**

- 1) Pulse the mushrooms in a food processor until coarsely chopped.
- 2) Add 2 tbsp. of the veg oil to a smoking wok. Add the mushrooms and ground pork and stir fry until golden brown. Remove from the wok.
- 3) Without cleaning the wok, add the remaining 1 tbsp. oil, onion, garlic and ginger and stir fry until aromatic. Add the rice and stir fry until very hot.
- 4) In a small bowl, mix together the kimchi, kimchi juice, gochujang, soy sauce and sesame oil.
- 5) Add the kimchi mixture and cooked pork/mushroom mixture to the rice along with the carrot and kale. Continue to stir fry until the kale is wilted and the rice is very hot and aromatic. Season to taste.
- 6) Stir in the scallion and sesame seeds.
- 7) Serve the kimchi fried rice topped with a sunny side up egg, additional kimchi (if desired) and shredded, roasted seaweed sheets.

\*Note: For a vegan or vegetarian version of this dish, replace the ground pork with 6 oz. of additional mushrooms, and omit the fried egg.

# Mushroom & Cauliflower “Bolognese”

*Yield: Serves 4-6*

<b>Ingredients</b>	<b>Amounts</b>
Cremini mushrooms, cut in quarters	1 pound
Olive oil spray	as needed
Cauliflower, roughly chopped	8 oz.
Garlic, peeled	3 cloves
Onion, roughly chop	4 oz.
Carrot, peeled, roughly chop	2 oz.
Walnuts	2 oz.
Extra virgin olive oil	2 - 4 oz.
Panko or whole wheat bread crumbs	2 oz.
Tomato paste	2 tbsp.
White wine or vermouth	½ cup.
Anchovy, finely chopped (optional)	4 ea
Crushed red chili flakes	1 tsp.
Canned tomato, crushed	28 oz
Water	as needed
Balsamic vinegar	½- 1 tbsp.
Salt	to taste
Ground black pepper	to taste
Flat leaf parsley, chopped	¼ cup
Whole wheat pasta	as needed
Parmigiano Reggiano (optional)	as desired

## Method

1. Heat the oven to 425°F. Line a sheet pan with foil.
2. Place the quartered mushrooms on the sheet pan and spray with olive oil. Roast in the oven for 15-20 minutes or until they are cooked and dry. Allow to cool.
3. Set up a meat grinder with a medium die. Run the mushrooms through the grinder, and set aside.
4. Process the cauliflower through the meat grinder, and set aside. Into a separate bowl, continue grinding the garlic, onion, carrot and walnuts through the same grinder (no need to wash between grinding each ingredient).
5. Heat the olive oil in a large sautoir. Add the ground cauliflower and cook over medium high heat, stirring frequently, until it is a rich deep brown.
6. When the cauliflower resembles cooked ground beef, add the breadcrumbs and stir until brown. Add the garlic and onion mixture and continue to cook until all the vegetables are nicely caramelized.
7. Add the ground mushrooms, tomato paste, and white wine or vermouth. Stir well.
8. Add the anchovy if using, the chili, and the canned tomato and juice. If the sauce is too thick, thin with water.

9. Simmer for 10-15 minutes. Taste and adjust seasoning with Balsamic vinegar, salt and pepper.
10. Add parsley and serve over pasta. Top with Parmigiano Reggiano if desired.

Note: This recipe can be easily made vegan by omitting the anchovy and Parmesan.

# Mushroom Banh Mi

*Yield: Makes 6 sandwiches*

<b>Ingredients</b>	<b>Amounts</b>
<b><i>Pickled Vegetables</i></b>	
Red onion, very thinly sliced	2 oz
Carrot, julienne	3 oz.
Daikon, julienne	3 oz.
Salt	1 tsp.
White vinegar	4 oz
Water	4 oz
Sugar	3 tbsp.
<b><i>Mushroom Pâte</i></b>	
Vegetable oil	1 tbsp.
Cremini and/or portabella mushrooms, roughly chopped	8 oz.
Shallot, roughly chopped	1 oz.
Ginger, roughly chopped	2 tbsp.
Garlic, roughly chopped	2 cloves
Coconut milk	1 cup
Fish sauce (or soy sauce)	1 tbsp.
White pepper	1 tsp.
<b><i>Mushroom Glaze</i></b>	
Garlic, finely minced	2 cloves
Shallot, finely minced	½ ea
Ginger, finely minced	1 tbsp.
Lemongrass, finely minced	1 tbsp.
Thai bird eye chili, split	¼ ea
Palm sugar or brown sugar	¼ cup
Soy sauce	2 tbsp.
Water	2 tbsp.
Sesame oil	1 tbsp.
Lime juice	1 tbsp
Fish sauce (optional)	to taste
<b><i>Roasted Mushrooms</i></b>	
King trumpet mushrooms	8 oz.
Maitake mushrooms	8 oz.
Vegetable oil spray	as needed
<b><i>Assembly Ingredients</i></b>	
Banh Mi buns, or baguette	6 ea.
Mayonnaise (or vegan mayonnaise)	6 tbsp.
Mint leaves	½ cup
Cilantro leaves	½ cup
Jalapeño, thinly sliced	1 ea.

Cucumber, thinly sliced

½ ea.

### Method

1. **For the pickled vegetables:** Place the red onion, carrots, daikon in a colander. Massage the salt into the vegetables and set over a bowl to drain. Leave for 15 minutes. Bring the vinegar, water and sugar to a boil.
2. Squeeze any excess liquid out of the vegetables and transfer to a bowl. Pour the vinegar mixture over the vegetables. Set aside for 1 hour. This can be made several days to a week in advance.
3. **For the mushroom p $\hat{a}$ te:** In a non-stick pan, heat the vegetable oil. Add the mushrooms and saute until they are a deep brown color. Add the shallots, ginger, and garlic, and continue to cook until aromatic.
4. Add the coconut milk and bring to a boil. Over high heat, boil until the liquid has reduced by half and the mushrooms are coated in a thick creamy gravy. Season to taste with fish sauce (or soy sauce) and white pepper.
5. Puree the mushroom coconut mixture until smooth. Cool to room temperature, cover with plastic, and refrigerate until ready to use.
6. **For the mushroom glaze:** Place all ingredients for the glaze in a small pot. Bring to a boil and cook for 5 minutes. Remove from the heat and reserve.
7. **For the roasted mushrooms:** Heat the oven to 425°F, with the fan on high. Line a sheet pan with foil and spray with vegetable oil.
8. Slice the king trumpet mushrooms lengthwise and tear the maitake into chunks. Place on the sheet pan and spray the mushrooms with oil.
9. Roast for 10 minutes. Remove from the oven and brush liberally with the glaze. Return to the oven for an additional 15 minutes, brushing several times with the glaze until the mushrooms are tender and the sauce is nicely caramelized.
10. **To assemble the Banh Mi:** Place the Banh Mi buns in a hot oven for 4- 5 minutes to crisp.
11. Split the buns and spread the mushroom pate on one side of the bun, and mayonnaise on the other side.
12. Stuff with the roasted mushrooms, pickled vegetables, herbs, jalepeño slices and cucumber. Serve immediately.

# Mushroom & Chicken Larb

*Yield: Serves 4-6*

*Prep time:*

<b>Ingredients</b>	<b>Amounts</b>
<i>Dressing</i>	
Palm sugar, finely chopped or brown sugar	2 tbsp.
Soy sauce	2 tbsp.
Fish sauce	1 tbsp.
Lime juice	2 oz.
White pepper	1 tsp.
Red onion, thinly sliced	½ ea
Lime, juiced	1 ea
Thai sticky or short grain rice, uncooked	3 tbsp.
Vegetable oil	2 oz.
Button mushrooms, coarsely chopped	1 pound
Ground chicken	1 pound
Garlic, finely chopped	1 tbsp.
Ginger, finely chopped	2 tbsp.
Shallots, finely chopped	2 large bulbs
Lemongrass, finely chopped	2 stalks
Makrut (kaffir) lime leaf, finely chopped	5 leaves
Thai bird's eye chile, finely chopped (or substitute 1 Fresno chile)	½ - 1 ea
Scallions, thinly sliced	½ cup
Cilantro, shredded	½ cup
Mint, shredded	¼ cup
Thai basil, shredded	¼ cup
Persian cucumber, sliced	3 ea
Baby romaine or other lettuce	12 - 20 leaves

## Method

1. *For the dressing:* Mix together the sugar, soy sauce, fish sauce, lime juice and white pepper in a small bowl.
2. Toss the red onion slices with lime juice and let sit while you prepare the larb.

3. In a hot dry wok, toast the rice until lightly golden and aromatic. Crush in a mortar and pestle to a coarse powder. Set aside.
4. Heat 1 oz. of the vegetable oil in the hot wok until just beginning to smoke. Add the mushrooms and stir fry until cooked, brown and dry.
5. Add the ground chicken to the mushrooms and continue to stir fry until the chicken is thoroughly cooked. Scrape all of the mushroom chicken mixture from the wok until the wok is quite clean. Place back on the burner.
6. Add the remaining oil to the wok and add the garlic, ginger, shallot, lemongrass, Makrut lime leaves, and ½ the chile (you can add the rest to taste at the end). Stir fry until very fragrant, being careful not to burn.
7. Add the mushroom/chicken mixture back to the wok with the aromatics and continue to stir fry until very hot.
8. Stir the dressing into the mushroom/chicken mixture. Add the herbs and taste. Adjust seasoning with more fish sauce, lime juice or chili if desired.
9. Mix the ground rice powder to the larb and serve in a large bowl surrounded with slices of cucumber, topped with the lime-onions and lettuce leaves on the side for scooping.

# Turkey & Cremini Mushroom Kebabs with Herby Grain Salad & Yogurt Tahini Sauce

*Yield: Serves 4*

<b>Ingredients</b>	<b>Amounts</b>
<i>Turkey and Mushroom Kebabs</i>	
Cremini mushrooms, quartered	1 pound
Olive oil spray	as needed
Onion	2 oz.
Garlic, peeled	3 cloves
Bread, any type	2 oz.
Ground turkey	1 pound
Parsley, chopped	¼ cup
Cilantro, chopped	¼ cup
Mint, chopped	2 tbsp.
Sumac	2 tsp.
Ground cumin	1 tsp.
Smoked paprika	1 tsp.
Ginger	½ tsp.
Cinnamon	½ tsp.
Lemon zest	1 tsp.
Kosher salt	2 tsp.
Black pepper, freshly ground	½ tsp.
Egg	1 ea.
6 - 8 inch skewers	8 ea.
Pomegranate molasses	½ cup
<i>Herby Grain Salad</i>	
Cooked mixed grains, such as farro, barley, buckwheat, quinoa, millet	2 cups
Cucumber, small dice	4 oz.
Tomato, small dice	4 oz.
Garlic, mashed to a paste	1 clove
Flat leaf parsley, chopped	½ cup
Mint, chopped	¼ cup
Dill, chopped	¼ cup
Scallions, sliced	4 ea.
Lemon juice	3 tbsp.
Extra virgin olive oil	3 tbsp.
Salt	to taste
Ground black pepper	to taste
<i>Yogurt Tahini Sauce</i>	
Greek yogurt	8 oz.
Tahini	2 oz.



Lemon juice	1 tbsp.
Salt	to taste
Olive oil spray	as needed
Flatbread	as needed

## Method

1. ***For the Turkey and Mushroom Kebabs:*** Heat the oven to 425°F. Line a sheet pan with foil.
2. Place the quartered cremini mushrooms on the sheet pan and spray with olive oil. Roast in the oven for 15 - 20 minutes or until they are cooked and dry. Allow to cool.
3. Set up a meat grinder with a medium die. Run the mushrooms through the grinder into a large bowl. Follow through the grinder with the onion, garlic and bread. Stir together.
4. Add the ground turkey, herbs, spices, lemon zest, salt, pepper, and egg. Mix well. Cook a small sample piece. Taste to adjust the seasoning as needed.
5. Divide the mixture into 3 oz. balls and shape around a skewer into long ovals. Refrigerate for at least 30 minutes and up to one day in advance.
6. ***For the Herby Grain Salad:*** Mix together all ingredients for the grain salad and refrigerate until ready to serve.
7. ***For the Yogurt Tahini Sauce:*** Mix all ingredients for the yogurt tahini sauce and refrigerate until ready to serve.
8. ***For the kebabs:*** Heat an oven to 400°F. Line a sheet pan with foil.
9. Place the kebabs on the sheet pan and spray with olive oil. Cook in the oven for 6 minutes to set.
10. Grill the kebabs on a char grill or grill pan to achieve nice marks, brushing with pomegranate molasses throughout the grilling process.
11. ***To serve:*** Spoon some of the yogurt tahini sauce on 4 plates. Top with the grain salad, kebabs, and warm flatbread.

# Portobello Tacos Al Pastor

*Yield: Serves 4*

<b>Ingredients</b>	<b>Amounts</b>
<b><i>Al Pastor Marinade</i></b>	
Guajillo chile	1 ea
Ancho chile	1 ea
Chipotle chile (dried, not canned)	1 ea
White onion, coarsely chopped	2 oz.
Garlic, peeled	4 cloves
Achiote paste	1 tbsp.
Orange juice	½ cup
Pineapple, chopped	½ cup
White vinegar	tbsp.
Cumin	1 tsp.
Mexican oregano	1 tsp.
Smoked paprika	1 tsp.
Salt	2 tsp.
Portobello mushrooms	2 pounds
Vegetable or olive oil	2 tbsp.
<b><i>Tomatillo Salsa</i></b>	
Tomatillos, husked and rinsed	8 oz.
White onion, thickly sliced	2 oz.
Garlic, peeled	2 cloves
Cilantro, chopped	2 tbsp.
Lime juice	to taste
Salt	to taste
<b><i>Roasted Pineapple</i></b>	
Pineapple, peeled and cut in quarters	8 oz. (approximately ½ pineapple)
<b><i>Limey Onions</i></b>	
White onion, small dice	4 oz.
Limes, juiced	2 ea
<b><i>Garnish</i></b>	
Cilantro sprigs	as needed
Tortillas, warmed	8 each
Mexican crema	as needed
Avocado, sliced	as needed

## **Method**

1. ***For the Al Pastor Marinade:*** Seed and stem the dry chiles. Place them in a small pot, cover with water, and bring to a boil. Boil for about 4 minutes or until the chiles are soft.
2. Place chiles and all ingredients for the paste in the jar of a blender and blend until smooth.
3. Remove the stems and gills from the portobello mushrooms and cut into ½-inch chunks. Toss the mushrooms in the marinade and set aside while you prepare the rest of the recipe. *\*The mushrooms can be marinated up to a day in advance, covered and refrigerated.*
4. ***For the Tomatillo Salsa and Roasted Pineapple:*** Turn on the broiler. Line a sheet pan with foil.
5. Place the peeled tomatillos, sliced onion, and garlic on one side of the sheet pan. Place the pineapple on the other side. Spray with olive oil. Broil until the garlic, onions and tomatillos are starting to char. The pineapple also needs to char slightly. You may have to remove each item as it is charred and soft as they will not char and soften at the same time.
6. Place the tomatillos, onion and garlic and all the juices in a blender. Blend until smooth. Stir in salt, lime juice, and cilantro. Season to taste and reserve.
7. When the pineapple is tender and charred, slice and reserve.
8. ***For the Limey Onions:*** Saturate the diced onion with lime juice, and season with a pinch of salt. Set aside.
9. ***For the Mushrooms Al Pastor:*** Heat a large non-stick pan with 1 tbsp. of olive oil and when it is smoking, add half the marinated mushrooms. Stir fry until they are caramelized and tender. Remove and repeat with the remaining oil and mushrooms.
10. ***To Assemble:*** Fill the warm tortillas with the Mushrooms Al Pastor, slices of pineapple, limey onions, and cilantro. Serve with tomatillo salsa, crema, and sliced avocado.

# Grilled Mushroom Bibimbap

*Yield: 4-6 servings*

<b>Ingredients</b>	<b>Amounts</b>
<b><i>Quick Pickled Vegetables</i></b>	
Carrot, cut into matchsticks	6 oz.
Zucchini, thinly sliced into half moons	6 oz.
Red radish, thinly sliced into half moons	3 oz.
Red bell pepper, cut into matchsticks	6 oz.
Cucumber, cut into matchsticks	6 oz.
Salt	2 tsp.
Mung bean sprouts	1 lb
Sesame oil	4 tbsp. divided
Salt	½ tsp.
Garlic, finely minced	2 tbsp. divided
Green onion, sliced	6 ea.
Spinach (with tender stems)	12 oz
Assorted mushrooms, such as cremini, shiitake, maitake, or oyster mushrooms	24 oz.
Soy sauce	2 oz.
Honey	1 ½ oz.
Short grain brown rice, uncooked	3 cups
<b>To Garnish</b>	
Gochujang	4-6 tbsp.
Egg yolks or sunny side up egg	4-6
Toasted sesame seeds	as needed
Gochugaru	as needed

## **Method**

1. ***For the Quick Pickled Vegetables:*** Place the carrots in a small bowl, sprinkle with ½ teaspoon of salt, and set aside.
2. Place the zucchini and radish together in a small bowl, sprinkle with ½ teaspoon of salt, and set aside.
3. Place the bell pepper in a small bowl, sprinkle with ½ teaspoon of salt, and set aside.
4. Place the cucumber in a small bowl, sprinkle with ½ teaspoon of salt, and set aside.
5. Allow the pickles to marinate for about 20 -30 minutes, then squeeze all the water out of the carrots, zucchini, radish, and cucumber quick pickles, keeping them separate.

6. ***For the Bean Sprouts:*** Place the bean sprouts in a medium saucepan, and cover with water and a lid. Bring to a boil without lifting the lid, and cook for 10 minutes. Drain and toss with a little sesame oil, ½ teaspoon of salt, 1 teaspoon garlic, and ½ the green onions. Set aside.
7. ***For the Spinach:*** Heat a medium saucepan. Wash the spinach 3 times, then immediately remove from the water to the pan without drying. Add 1 teaspoon of garlic and place a lid on the pot. After 2 minutes, stir the spinach and continue to cook for another 2 minutes or until all the spinach is wilted. Drain and allow to cool. Roughly chop and season with a teaspoon of sesame oil and salt to taste. Set aside.
8. Heat a non-stick pan and saute the bell peppers. Add a teaspoon of sesame oil and the remaining green onions. Wipe the pan out and then saute all the salted vegetables separately, in a teaspoon of sesame oil for each vegetable, wiping the pan between each use, and placing the wilted veggies back in separate small bowls, ready for assembly. Season with salt to taste.
9. Depending on the size of the assorted mushrooms, slice, leave whole, or cut the mushrooms in half so they are all roughly the same size.
10. Heat a large saute pan. Add the canola oil and cook the mushrooms in batches until deep golden brown and thoroughly cooked.
11. While the mushrooms are cooking, mix together the soy sauce, honey, remaining garlic, and remaining sesame oil.
12. When the mushrooms are cooked, pour the sauce over the mushrooms and bring to a boil. Cook until the mushrooms are well coated with a shiny glaze, being careful not to burn the sauce.
13. Assemble the Bibimbap in a traditional dolsot (Korean earthenware pot) coating the bottom with approximately 2 teaspoons of sesame oil before dividing the rice between the pots. *(Alternatively, without the traditional dolsot, this can just be presented with hot rice in individual serving bowls)*
14. Top the rice with the vegetables arranged in small piles on top.
15. If using the dolsot, place the pot on a burner over a medium high heat. Wait until you can hear the rice sizzling and forming the *nurungji* or traditional crust on the bottom.
16. Finish the bibimbap with gochujang, a sprinkle of gochugaru and roasted sesame seeds.
17. Top with a raw egg yolk or a sunny side up egg.

# Spicy Mushroom & Lamb Meatballs with Fenugreek Curry Sauce & Cilantro Mint Chutney

*Yield:*

<b>Ingredients</b>	<b>Amounts</b>
<i>Mushroom and Lamb Meatballs</i>	
Cremini mushrooms, quartered	1 lb.
Olive oil spray	as needed
Ground lamb	1 lb.
Red onion, very finely chopped	½ ea., medium
Garlic, minced	2 cloves
Ginger, grated	2 tbsp.
Ground cumin	½ tsp.
Garam masala or curry powder	1 tbsp
Red chili flakes	1 tsp.
Fresh bread crumbs	¾ cup
Egg	1 ea.
Cilantro, chopped	¼ cup
Flat leaf parsley, chopped	¼ cup
Salt	2 tsp.
<i>Fenugreek Curry</i>	
Canola oil	2 tbsp
Garlic, finely minced	3 tbsp.
Heavy cream	4 cups
Salt	1 tbsp.
Cayenne	½ tsp
Paprika	2 tsp
Dried fenugreek leaves (kasoori methi)	2 tbsp.
Ground turmeric	1 tbsp.
Lemon juice	¼ cup
Mint leaves	as needed
Cilantro Mint Chutney (recipe follows)	as needed

## **Method:**

1. *For the Mushroom and Lamb Meatballs:* Heat the oven to 425°F. Line a sheet pan with foil.
2. Place the quartered cremini mushrooms on the sheet pan and spray with olive oil spray. Roast in the oven for 15 - 20 minutes or until they are cooked and dry. Allow them to cool.
3. Pulse the roasted mushrooms in a food processor until they are similar in texture to the ground lamb.

4. Combine all ingredients for the meatballs, mixing well. Cook a small sample piece and taste to adjust seasoning if necessary.
5. Form into 2 oz. meatballs, and refrigerate for a minimum of 15 minutes.
6. Place the meatballs in the hot oven and cook for approximately 12 minutes or until the internal temperature is 165 F. Remove from the oven
7. For the Fenugreek Curry: In a small, deep saucepan, heat the canola oil with the garlic, until the garlic is sizzling and a light golden brown.
8. Add the heavy cream, salt, cayenne, paprika, dried fenugreek leaves (kasoori methi) and turmeric. Whisk to combine.
9. Bring the cream sauce to a simmer and turn the heat down to maintain a simmer without the cream boiling over. Cook for about 5 minutes. Add lemon juice and salt to taste.
10. To serve: Ladle some of the Fenugreek Curry in a shallow bowl. Place 3 meatballs on top of the sauce and drizzle with the mint chutney.
11. Garnish with some mint leaves and serve immediately.

# Cilantro Mint Chutney

*Yield 1 Cup*

<b>Ingredients</b>	<b>Amount</b>
Lemon juice	¼ cup
Rice wine vinegar	¼ cup
Sugar	2 tbsp.
Garlic, finely chopped	2 cloves
Cilantro leaves and tender stems	1 cup
Mint leaves	½ cup
Serrano chiles, finely sliced	1 ea.
Walnuts, chopped	4 tbsp.
Water (for thinning the chutney)	as needed
Salt	to taste

## **Method:**

1. Place the lemon juice, vinegar, sugar and garlic into a blender, and process until the mixture is finely pureed. Add the cilantro, a little at a time, and process, scraping down the contents, until the herbs are well minced.
2. Add the mint, chiles, and walnuts and process until the contents are pureed to a sauce.
3. Transfer to a bowl, add salt to taste, and serve immediately or refrigerate.



# Roasted Mushroom Katsu

Yield: 4 Portions

## Ingredients

## Amounts

### *Portabella Mushrooms*

Portabella mushrooms, stemmed & gilled, 2 pounds, or 4 large  
Non-stick cooking spray as needed

### *Marinade*

Ginger, grated on a microplane 3 tbsp.  
Garlic cloves, grated on a microplane 3 large  
Japanese soy sauce 3 tbsp.  
Sesame oil 1 ½ tbsp  
Brown sugar 1 tbsp.

Tonkatsu Sauce (store-bought) ½ cup, or as needed

### *OR: Katsu Sauce*

Worcestershire sauce 5 tbsp.  
Sugar 2 tbsp.  
Ketchup 5 tbsp.  
Oyster sauce 2 tbsp.

### *Katsu Breading*

Tempura mix 2 cups  
Water, iced 2 cups  
Panko Japanese breadcrumbs 4 cups  
Vegetable oil or peanut oil for frying 4 cups

Cooked Japanese rice 2 cups

### *Garnishes*

Green cabbage, small, super fine shred 1 head  
Lemon wedges 4 ea  
Green onions, cut on a deep bias 4 ea

## Method

1. *For the Portabella Mushrooms:* Preheat a 400° F oven.
2. Snap off the mushroom stems and run a small spoon across the underside to remove the gills, taking care not to break the rim of the mushroom.
3. Mix all ingredients for the marinade.

4. Line a sheet pan with foil and spray with oil. Place the cleaned mushrooms, cavity side up on the sheet tray and brush the inside of each mushroom with the marinade.
5. Roast in the hot oven until caramelized and cooked through, approximately 15-20 minutes.
6. *If making your own Katsu sauce:* Mix all ingredients and divide between small dishes for serving.
7. *For the Breading:* Prepare tempura batter using the tempura mix and iced water according to the package instructions. Fill a 2" deep ½ hotel pan with panko.
8. Dip the mushrooms in tempura batter and dredge in panko, pressing lightly to ensure the panko sticks to tempura batter.
9. Arrange on a parchment lined sheet pan and refrigerate until ready to fry.
10. *For the Cabbage:* Cut cabbage head in quarters and using a mandolin or a sharp knife shred as thinly as possible. Soak in ice water and spin dry before using.
11. *For the Green Onion:* Cut the green tops only on a very fine and elongated bias. Soak in ice water and drain on paper towels before using.
12. Fry the portabella cap until golden brown, and remove from the oil. Slice on the bias into ½ inch slices.
13. Serve the portabella Katsu next to a generous pile of shredded cabbage, a dish of Katsu sauce, lemon wedges and a side of steaming Japanese rice garnished with green onion curls.