



### **MEXICO**

### AL PASTOR MUSHROOM TACOS

### WHAT YOU NEED

### Marinade:

1 lb portabella mushrooms

2 tsp achiote powder

1 tsp cumin

1 tsp oregano

1 tsp garlic powder

½ tsp chili powder

½ tsp salt

½ tsp sugar

¼ cup orange juice

¼ cup pineapple juice

1 lime, juiced

1 Tbsp olive oil

### **Additional Ingredients:**

small street style white corn tortillas

1 cup of fresh pineapple slices

1 mixed cup of chopped cilantro and diced sweet yellow onion

2 limes, sliced for serving

salsa

### WHAT YOU DO

Clean portabella mushrooms and pat dry. Slice into strips (medium thickness). In a large bowl, mix the mushrooms with the marinade ingredients. In a large skillet over medium-high heat, add olive oil and sauté mushrooms until cooked through. Set aside.

Char pineapple slices in another skillet or keep raw. Warm tortillas in a separate skillet. Assemble tacos: in tortilla add cooked mushrooms, sprinkle cilantro and onions, top with pineapple and serve with fresh lime wedges and salsa.

# FINGERLING POTATO & MUSHROOM POUTINE

### WHAT YOU NEED

1 Tbsp olive oil plus extra for potatoes

8 oz sliced white button mushrooms

1 Tbsp unsalted butter

2 Tbsp all-purpose flour

1 cup chicken or vegetable stock

½ tsp ground black pepper,

¼ tsp fine sea salt, or to taste, plus extra for potatoes

1½ lbs yellow fingerling potatoes, steamed until tender

4 oz cheese curds

Sliced scallions for garnish

### WHAT YOU DO

Heat 1 Tbsp of olive oil in a large skillet over medium-high heat. Add the mushrooms. Cook until they just begin to darken around the edges, about 4 mins. Reduce the heat to low. Push all of the mushrooms to one side of the skillet. Add the butter and swirl it around the pan to melt.

Once melted, add the flour and whisk vigorously in the pan until a crumbly paste forms. Continue to whisk as you add the chicken stock, a little at a time. Whisk well to ensure all clumps dissolve into the gravy and begin to work the mushrooms into the gravy as you stir.

Increase the heat to medium-low. Let sit and simmer for about 1 min, until the gravy thickens. Stir in the black pepper and salt.

Add the warm potatoes to a bowl and drizzle with a small amount of olive oil. Sprinkle with a small amount of salt, just to barely season them. Transfer them to a serving platter. Cover with the mushroom gravy and top with cheese curds. Sprinkle with scallions before serving.





### GREECE

### GRILLED PORTABELLA GYROS WITH YOGURT DILL SAUCE

### WHAT YOU NEED

4 portabella mushrooms

2 yellow bell peppers, sliced

1 Tbsp extra-virgin olive oil

½ tsp dried oregano

¼ tsp smoked paprika

4 pita breads or naan

2 tomatoes, thinly sliced

½ red onion, thinly sliced

½ head green lettuce

Crumbled feta cheese, optional

### For the Yogurt Dill Sauce:

1 English cucumber, grated

1 cup whole milk Greek yogurt

½ cup sour cream

2 Tbsp extra-virgin olive oil

Juice from ½ small lemon

2 cloves garlic, minced

1 tsp salt

1 Tbsp minced fresh dill

### WHAT YOU DO

Remove the stems from the mushrooms and brush caps with a wet towel. Carefully scrape out the gills with a spoon. Slice mushroom into ¼-inch pieces and place in a medium bowl along with the olive oil, oregano and smoked paprika. Preheat an indoor grill pan over medium-high heat. Add mushrooms and peppers and grill, tossing occasionally, until tender, 5-7 mins. To make the Yogurt Dill Sauce, squeeze the grated cucumber in a clean towel to remove excess liquid. Add to a large bowl with yogurt, sour cream, olive oil, lemon, garlic, salt and dill. Stir to combine. To serve, place mushrooms and peppers in the middle of the pita bread. Top with tomatoes, onion, lettuce, feta (optional), and a big dollop of yogurt sauce.

### MOROCCO

### SPICY MOROCCAN MUSHROOM MEATBALLS WITH HARRISA AIOLI

### **WHAT YOU NEED**

1 cup (packed) light brown sugar

1 lb mushroom, button, finely minced, sauteed and cooled

1 lb ground meat (turkey, chicken, pork or beef)

½ cup bread cumbs

1 egg, large

1 tsp kosher salt

½ tsp black pepper, freshly ground

1 tsp cumin, ground

1 tsp ground cordiander

### 3/4 cups vegetable oil

3/4 cups extra virgin olive oil

1 pinch red pepper flakes

1 cup olive oil for frying

Spicy Harrisa Aioli:

4 eggs yolk

1 cup vegetable oil for frying

2 tsp Harissa paste

2 tsp lemon zest

4 large cloves garlic, peeled and pureed

1 Tbsp Harrisa paste

kosher salt to taste

### WHAT YOU DO

### **MEATBALLS**

Place the mushroom and meat mixture in a large mixing bowl. Add the bread crumbs, egg, salt, pepper, spices and lemon zest. Mix gently to combine. Check to make sure the mixture wilkhold together. Take about ¼ cup of the mixture and shape it into a patty a little wider than it is thick. If it falls apart, add a tablespoon or two more of the bread crumbs. Shape the mixture into balls about the size of a walnut and put them on a plate. Chill them at least for 30 mins before frying.

When the meatballs are chilled, pour enough oil in a heavy frying pan to come to a depth about  $\frac{1}{2}$  inch. Heat the oil on low heat, until the surface beings to ripple and look hazy. The temperature of the oil should be 350 degrees. When finished, remove from the oil with a slotted spoon and drain on paper towels and serve with dipping sauce.

### **SPICY HARRISA AIOLI**

In the bowl of a food processor, add egg yolks, pureed garlic and Harrisa paste. Place the top of the bowl and turn on the machine and slowly drizzle in oils. Once the oil is added, stop the machine and check for consistency. If too thick, you can whisk in a little water too thin as needed. Add the salt and taste for flavor.







## COQ AU VIN BLANC

### WHAT YOU NEED

8 strips of bacon, chopped 2 each bone-in split chicken breasts drumsticks and wings

20 cippolini onions, peeled

5 carrots, cut into 1" chunks

5 stálks of celery, cut into 1" chunks

1 pint baby bellas

1 pint button mushrooms

25 sprigs of fresh thyme

1 small bunch of fresh parsley

2 bay leaves

5 heaping Tbsp all-purpose flour

1 bottle pinot grigio

4 cups chicken stock

Kosher salt and fresh cracked pepper to taste

### **WHAT YOU DO**

Preheat the oven to 375°F.

In a large dutch oven pot on high heat add bacon and cook until crispy and the fat is rendered.

Once the bacon is brown and crisp, remove form the pan and set aside.

Season the chicken on all sides with salt and pepper and cook on high in the dutch oven pot with the rendered bacon fat on all sides until golden brown. Remove the chicken and <u>set</u> aside.

Add in the onions, celery, carrots and mushrooms and roast on high heat for 6-8 mins or until lightly browned. Season the vegetables with salt and pepper and add in the herbs and flour. Mix until combined. Pour in the wine and chicken stock and bring the mixture to boil. Season with salt and pepper. Add the chicken and bacon back into the pot, cover with lid and cook in the even for 90 mins at 375°F. Serve hot.

### MIDDLE EAST

BLENDED MUSHROOM & BISON SHAWARMA BOWLS

### WHAT YOU NEED

1 cup canned chickpeas, rinsed and drained

 $1\frac{1}{2}$  tsp fine sea salt

½ tsp smoked paprika

8 oz crimini mushrooms

2 oz shiitake mushrooms

2 Tbsp extra virgin olive oil

⅓ lb ground bison

1 tsp cumin

½ tsp ground black pepper

½ tsp coriander

¼ tsp garlic powder

¼ tsp turmeric

1/4 tsp cayenne pepper (optional)

Pinch ground cinnamon

Pinch ground clove

34 cup dry white or red bulgur, cooked according to package directions

2 medium tomatoes, sliced

 $\frac{1}{2}$  cup thinly sliced red onion

1 Persian cucumber, sliced (about 5 inches long)

½ cup black olives, halved

### Yogurt Tahini Sauce:

½ cup plain whole milk Greek yogurt

2 Tbsp tahini (no salt added)

1 Tbsp fresh lemon juice

1 Tbsp chopped fresh dill

1 tsp hot sauce

¼ tsp fine sea salt

1/4 tsp garlic powder

# cook time:

### WHAT YOU DO

Toss the chickpeas with ¼ tsp salt and ¼ tsp of smoked paprika. Heat a medium skillet over medium-high. Add the chickpeas to the dry skillet, cook, tossing or stirring often for 3-4 mins, until the edges of chickpeas show signs of browning. Set aside.

Add the crimini mushrooms and shiitake mushrooms to a food processor. Pulse in 10 sec intervals until all the mushrooms are finely chopped into similar sized pieces. Heat the olive oil in a large skillet over medium-high. Add the mushrooms. Cook for 2 mins as the they turn from redish-brown to a dull light brown. Add the bison and stir well to break it up as it cooks. Cook for about 6 more mins. Browning will deepen and no signs of pink should remain. Reduce the heat to low. Stir in 1 tsp of salt, ¼ tsp of black pepper, cumin, coriander, garlic powder, turmeric, cayenne, cinnamon, and clove. Cook for one more minute. Remove from the heat.

Stir the remaining ¼ tsp of salt and black pepper into the bulgur. Divide the bulgur into 4 bowls. Top each with an equal amount of blended mushrooms and bison. Then add an equal amount of chickpeas. Divide the tomatoes, red onion, cucumber slices, and olives among the four bowls.

Make the sauce by stirring together the yogurt and tahini in a medium bowl. Next, stir in the remaining ingredients. Add a spoonful of the sauce to each bowl and serve.



### **ITALY**

# TAGLIATELLE PASTA WITH A LIGHT MUSHROOM SAUCE

### WHAT YOU NEED

1 package of tagliatelle pasta (serves 4)

3 Tbsp olive oil 1 medium shallot, finely minced

2 garlic cloves, finely minced

12 crimini mushrooms

12 white mushrooms

12 small shiitake mushrooms

1 Tbsp fresh thyme or 1 tsp dried thyme

1 tsp (more or less depending on heat) chili pepper flakes

16 oz jar marinated artichoke hearts, roughly chopped – optional

kosher salt and black pepper to taste asiago cheese

### WHAT YOU DO

Thinly slice the mushrooms and set aside. In a large frying pan over medium-low, heat the olive oil, then add the shallots and garlic. Cook until soft, about 3 mins. Add the mushrooms, stir and cook over medium-low until caramelized and soft. This step will take about 6-10 mins depending on the heat of your stove. Stir in the thyme and chili flakes, then remove from the heat.

Cook the pasta according to package directions. Drain the pasta, then immediately toss with the mushrooms and a drizzle of olive oil. The heat of the pasta and the moisture on left from draining will heat the mushrooms. At this point if you are using the artichoke hearts stir them in.

Season to taste with salt and pepper. Grate cheese over the top.

# SOUTH KOREA ENOKI BULGOGI BIBIMBAP

### WHAT YOU NEED

¼ cup low-sodium soy sauce

1 garlic clove, grated

2 Tbsp dark sesame oil

1 Tbsp honey

½ tsp chili paste, such as sambal

7 oz enoki mushrooms

1 The olive oil or cooking oil

1 head baby bok choy, sliced

½ cup shredded carrots

Pinch fine sea salt

1 cup white rice, cooked according to package directions

½ cup sliced red bell pepper

½ cup chopped or spiralized cucumber

2 large eggs, fried to your preference

### WHAT YOU DO

Whisk together the soy sauce, garlic, 1 Tbsp sesame oil, honey, and chili paste in a small dish.

remaining mushrooms into small pieces. Heat the olive oil over medium-high in a medium skillet. Add the chopped mushrooms and cook for 1 min. They will begin to soften. Pour in the soy sauce dressing and continue to cook and stir as the dressing thickens slightly. Turn the heat to low to keep the mushrooms warm while you prepare the other ingredients. Toss 2 tsp of the remaining sesame oil with the bok choy and carrots. Heat a medium skillet over medium-high and add the vegetables. Cook for 2 mins, just until the greens wilt. Sprinkle with a pinch of salt. Transfer to a bowl.

Add the remaining 1 tsp of sesame oil to the skillet and add the reserved enoki mushrooms. Toss to cook for 1-2 mins, just until softened.

Assemble two servings by filling each bowl with half of the rice. Top with the enoki in the soy dressing and drizzle any sauce remaining in the skillet over the rice. Add the cooked bok choy and carrots. Next add the whole enoki, bell peppers, cucumber, and eggs, and serve.

