



Mouth Watering

MUSHROOM

Recipes

The Only Mushroom Cookbook You Will Ever Need

Heston Brown

Mouth Watering Mushroom Recipes

The Only Mushroom Cookbook You Will Ever Need

By

Heston Brown





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Introduction



Before you dive into these delicious recipes, I thought it would be helpful to supply you with some interesting facts about these delicious and juicy vegetables:

- Mushrooms are full of water; in fact it makes up an astounding 90% of each one.
- Although we call mushrooms vegetables, they are actually a fungus.
- Mushrooms are full of health benefits; they have been used in traditional Chinese medicine for centuries.
- There is more potassium in one Portabella mushroom than in a banana.
- Vegetarians use mushrooms as a meat substitute.
- China produces approximately half of the world's mushrooms.
- There are about 30 species of mushrooms that glow in the dark.
- Mushrooms were once used to dye natural fibers and wool before the invention of synthetic dyes.

Enough of the education, now it's time to get stuck in to 30 mouth watering mushroom recipes.

Mushroom Creamy Sauce



Full and rich, this mouth-watering mushroom sauce makes the perfect addition to pasta, chicken or steak.

Cooking Time: 25 Minutes/Serves: 4 Servings

Ingredients:

- 200 grams of creme fraiche
- 200 grams of sliced chestnut mushrooms
- 2 finely chopped shallots
- 1 teaspoon of butter
- 2 tablespoons of porcini mushrooms, dried

Directions:

1. Soak the porcini mushrooms in 100ml of boiling water for 5 minutes.
2. Heat the butter in a saucepan over medium temperature and cook the shallots.
3. Once the shallots are translucent and soft, add the chestnut mushrooms and leave them to fry for 5 minutes.

4. Scoop one tablespoon of water out of the soaked porcini mushrooms and add it to the saucepan. Drain the rest of the water.
5. Tip the porcini out on a chopping board and chop them roughly.
6. Add the porcini to the saucepan and stir to combine.
7. Add the creme fraiche and stir to combine.
8. Leave the ingredients to simmer for 5 minutes.
9. Once cooked, arrange onto plates with the side dish of your choice and serve.

Blue Cheese and Portobello Melts



This is a delicious vegan speciality that even meat lovers will enjoy.

Cooking Time: 25 Minutes/Serves: 1 Serving

Ingredients:

- Oven fries for serving
- 1 handful of rocket leaves
- 1 bread roll, ciabatta
- 25 grams of blue cheese
- 1 teaspoon of thyme leaves
- 2 portobello mushrooms
- 2 tablespoons of balsamic vinegar
- 1 teaspoon of olive oil
- 1 red onion, sliced into wedges
- Salt and pepper

Directions:

1. Prepare the oven by heating it to 220 degrees C.
2. Lay a piece of foil over a baking tray.
3. In a small bowl, combine the onion with the vinegar and oil and spread over the baking tray.
4. Lay the mushrooms stem side up on top of the onions.
5. Season the mushrooms with thyme and salt and pepper.
6. Bake the mushrooms for 15 minutes, remove them from the oven once they start to caramelize and soften.
7. Break up the cheese and arrange it in the cavity of the mushrooms.
8. Put the mushrooms back into the oven and cook for a further 5 minutes.
9. Slice the ciabatta roll in half and toast slightly.
10. Place the roll onto plates, top with the rocket, onions and mushrooms.
11. Serve with the oven fries.

Udon Noodles and Miso Saucy Mushrooms



This vegetarian supper is just oozing with Japanese goodness.

Cooking Time: 45 Minutes/Serves: 4 Servings

Ingredients:

- 4 finely sliced spring onions
- 1 tablespoon of toasted sesame seeds
- 3 packets of udon straight to wok noodles
- 4 large portobello mushrooms
- 1 tablespoon of sesame oil
- 2 crushed garlic cloves
- 3 tablespoons of soy sauce
- 3 tablespoons of mirin
- 3 tablespoons of miso paste

Directions:

1. Prepare the oven by heating it to 200 degrees C.

2. In a small bowl combine half the sesame oil, garlic, soy sauce, mirin and miso paste. Whisk together until a smooth consistency is formed.
3. Place a piece of foil over a baking tray and place the mushrooms in the center.
4. Pull the sides of each mushroom up so its hugging itself.
5. Pour the miso mixture over the mushrooms and turn them over to make sure they are coated properly.
6. Close the foil over the mushrooms by scrunching the ends together over them.
7. Put the baking tray in the oven and bake for 30 minutes.
8. After 25 minutes, pour the rest of the sesame oil in a wok and heat it over medium temperature.
9. Cook the noodles by stirring until they are warm all the way through.
10. Divide the noodles into bowls, top with the mushrooms, tip the sauce from the foil over the top.
11. Garnish with spring onions, sesame seeds and serve.

Brunch Lunch



This simple combination of kale, eggs, and garlic makes for the perfect lunch or dinner.

Cooking Time: 20 Minutes/Serves: 4 Servings

Ingredients:

- 4 eggs
- 1 bag of kale
- 1 tablespoon of olive oil
- 1 clove of garlic, crushed
- 250 grams of mushrooms, sliced
- Salt and pepper
- French bread to serve

Directions:

1. In a large frying pan, heat the olive oil over medium temperature.
2. Add the garlic and fry for 1 minute.

3. Fry the mushrooms until they are soft.
4. Add the kale until wilted.
5. Stir to combine and season with salt and pepper.
6. Crack the eggs over the top and leave them to cook for 3 minutes.
7. Put a lid over the saucepan and let the eggs cook for another 3 minutes.
8. Once cooked, divide onto plates and serve with French bread.

Mushroom Fillet Crispy Jackets



This gluten free, low-calorie healthy meal makes a delicious meal for any time of the day.

Cooking Time: 1 Hour 35 Minutes/Serves: 2 Servings

Ingredients:

- Sprigs of dill for garnish
- 100 grams of chive and sour cream dip
- 250 grams of chopped mushrooms
- 2 teaspoons of sunflower oil
- 2 large potatoes
- Butter

Directions:

1. Prepare the oven by heating it to 200 degrees C.
2. Use a fork to prick the potatoes, then rub sunflower oil over them.
3. Place the potatoes in the center of the oven and bake for 1 hour 20 minutes. Once the potatoes are cooked, turn off the oven but leave them in there.
4. Heat the rest of the oil in a frying pan and fry the mushrooms.
5. Add half of the chive and sour cream dip and stir to combine until warm.
6. Remove the jacket potatoes from the oven, slice them down the middle and butter the insides.
7. Spoon the mushroom mixture into the jacket potatoes, garnish with dill and serve.

Baked Eggs, Tomatoes and Mushrooms



You can enjoy this meal for breakfast, lunch, or even dinner! We can guarantee you won't be disappointed.

Cooking Time: 35 Minutes/Serves: 2 Servings

Ingredients:

- 2 handfuls of rocket
- 2 large eggs
- 2 tomatoes cut in halves
- Thyme leaves
- 1 grated garlic clove
- Rapeseed oil
- 2 flat, large mushrooms, remove the stalks and chop them
- Black pepper

Directions:

1. Prepare the oven by heating it to 200 degrees C.

2. Brush some oil and garlic over the mushrooms.
3. Season the mushrooms with black pepper.
4. Grease a baking dish and place the mushrooms in it.
5. Scatter the chopped mushroom stalks and the thyme over the mushrooms.
6. Cover the dish with foil and bake for 20 minutes.
7. Take the dish out of the oven, add the tomatoes and carefully break one egg over each mushroom.
8. Season with black pepper and thyme and put the baking dish back in the oven for 10 minutes.
9. By this point the whites should be set and the yolk still runny.
10. Remove the baking dish from the oven, top with the rocket, divide onto plates and serve.

Mushroom, Chicken and Kale Pot Pie



A satisfying family meal made with succulent mushrooms and chicken.

Cooking Time: 50 Minutes/**Serves:** 4 Servings

Ingredients:

- 1 egg yolk for glazing
- 1 pack of puff pastry
- 2 tablespoons of cornflour
- 1 tablespoon of cold water
- 100 grams of kale
- 1 tablespoon of wholegrain mustard
- 100 grams of creme fraiche
- 300ml of chicken stock
- 250 grams of sliced chestnut mushrooms
- 350 grams of chicken breasts, sliced into chunks
- 2 cloves of crushed garlic
- 3 sprigs of thyme
- 1 finely chopped large onion

- 1 tablespoon of olive oil

Directions:

1. Heat the oven to 200 degrees C.
2. Heat half a tablespoon of olive oil over low heat in a flame proof casserole dish.
3. Cook the onions for 5 minutes until they get soft.
4. Add the garlic and thyme and stir for one minute.
5. Increase the heat and add the chicken.
6. Fry the chicken until it becomes a golden color but it is not fully cooked.
7. Add the rest of the oil and the mushrooms.
8. Add the kale, mustard, creme fraiche, and stock, stir to combine and season with salt and pepper.
9. Combine the 2 tablespoons of cornflour and 1 tablespoon of water in a cup. Whisk together thoroughly.
10. Add the cornflour mixture to the Ingredients and stir to combine.
11. Take the casserole dish off the cooker.
12. Place the puff pastry lid over the casserole dish and press it into the sides of the dish.
13. Use a knife to make a cross shape in the middle of the pastry.
14. Glaze the pastry with the egg yolk.
15. Bake until the pastry turns golden and puffs up, this should take approximately 30 minutes.
16. Once cooked, remove from the oven, divide onto plates and serve.

Soy and Maple Mushrooms with Chive Waffles



This recipe makes a taste low-calorie recipe for breakfast or lunch.

Cooking Time: 45 Minutes/Serves: 6 Servings

Ingredients:

- Soy yogurt to serve
- Olive oil
- 6 thickly sliced large mushrooms
- 2 tablespoons of light soy sauce
- 1 tablespoon of maple syrup
- 1 small bunch of snipped chives
- 1 tablespoon of baking powder
- 130 grams of plain flour
- 150 grams of polenta
- 100 grams of sweet potatoes, mashed
- 2 tablespoons of rapeseed oil
- 1 teaspoon of cider vinegar

- 500ml of rice milk
- Salt and pepper

Directions:

1. Turn on the waffle iron and heat it.
2. In a small bowl, combine the rapeseed oil, vinegar and milk and whisk together thoroughly.
3. Add the mashed sweet potatoes and stir to combine.
4. In a separate bowl, combine the baking powder, flour, a pinch of salt and poleneta and stir together. Make a well in the middle of the ingredients.
5. Pour the wet ingredients into the well, stir to combine to form a batter.
6. Add half the chives and stir to combine.
7. Pour some batter into the waffle iron and cook for 5 minutes.
8. Cook the rest of the waffles with the batter.
9. In a small bowl, whisk together the soy sauce and the maple syrup.
10. Brush the maple mixture over the mushrooms and season with pepper.
11. Heat some olive oil in a frying pan and cook the mushrooms until they turn golden brown in color.
12. Arrange the waffles onto plates, top with the mushrooms.
13. Add a spoonful of soya yogurt, sprinkle the rest of the chives over the top and serve.

Wild Buttered Mushrooms on Toast



These winter warming golden brown mushrooms taste wonderful on buttered toast. The unique flavor comes from marmite - the all-time childhood favorite.

Cooking Time: 15 Minutes/Serves: 2 Servings

Ingredients:

- 4 slices of toasted sourdough
- ½ a bunch of roughly chopped parsley
- ¼ teaspoon of marmite
- 200 grams of wild mushrooms
- 1 clove of crushed garlic
- A handful of rosemary finely chopped
- 2 tablespoons of butter
- Salt and pepper

Directions:

1. Heat 1 tablespoon of butter in a frying pan over medium temperature.
2. Add the garlic and rosemary and fry.
3. Add the mushrooms and cook until they are tender and golden.
4. Add the rest of the marmite and the rest of the butter to the frying pan.
5. Stir to combine and coat the mushrooms.
6. Take the frying pan off the stove.
7. Season with salt and pepper, add the parsley and stir to combine.
8. Place the toast onto plates and divide the mushrooms between them.
9. If there is any butter left in the frying pan, drizzle it over the top and serve.

Mushroom Creamy Soup



This cookbook would not be complete without a heart-warming mushroom creamy soup recipe.

Cooking Time: 1 Hour 10 Minutes/**Serves:** 4 Servings

Ingredients:

- Truffle oil and chives to serve
- 4 slices of white bread sliced into cubes
- 200ml of creme fraiche
- 850ml of vegetable stock
- 400 grams of mixed wild mushrooms
- Sprigs of thyme
- 1 sliced garlic clove
- 1 finely chopped onion
- 50 grams of butter
- 25 grams of dried porcini

Directions:

1. Put the porcini in a medium sized bowl and cover them with boiling water.
2. Melt the butter in a saucepan over medium temperature.
3. Add the garlic, onions and thyme to the saucepan, stir to combine and cook for 5 minutes.
4. Drain the water from the porcini and put the water to one side.
5. Add the porcini to the mushroom mixture, stir to combine and leave the Ingredients to cook until the porcini are limp.
6. Add the stock and the reserved porcini water to the saucepan, bring the ingredients to a boil, reduce the temperature and leave it to simmer for 20 minutes.
7. Add the creme fraiche and leave it to simmer for 5 minutes.
8. Pour the soup into a food processor and blend until smooth.
9. Heat the rest of the butter in a frying pan, add the breadcrumbs and cook them until they turn golden brown in color.
10. Lay some kitchen paper on a plate and drain bread cubes.
11. Pour the soup back into the saucepan and heat for 5 minutes.
12. Spoon the soup into bowls and serve with the bread cubes.

Mushrooms with Sautéed Scallops and Spinach Sauce



A delicious dish that's quick and easy to prepare on those days when dinner needs to be ready in 15 minutes.

Cooking Time: 15 Minutes/Serves: 2 Servings

Ingredients:

- Nutmeg to grate
- 6 large scallops, cleaned and shelled
- 2 teaspoons of groundnut oil
- 100 grams of spinach
- 100 grams of button mushrooms sliced
- 3 tablespoons of butter

Directions:

1. Melt one tablespoon of butter in a frying pan.
2. Add the mushrooms and cook for a couple of minutes.
3. Add the spinach, stir to combine and cook on a high temperature for another 1 minute.

4. Drain the mushrooms and the spinach through a sieve and use a spoon to press down to drain all the juices. Put the juice to one side.
5. In another frying pan, heat the oil on a high temperature and sauté the scallops for a few minutes without stirring.
6. Add one tablespoon of butter to frying pan and stir the scallops into the butter.
7. Add salt and pepper and continue to sauté for another couple of minutes.
8. Add the juice from the spinach and mushrooms to the frying pan.
9. Add the rest of the butter to the frying pan and stir to combine.
10. Grate the nutmeg over the ingredients, add more salt and pepper if required.
11. Spoon the spinach and mushrooms into a bowl, top with the scallops, drizzle the sauce over the top and serve.

Bolognaise Sauce with Mushrooms



For vegetarians who love spaghetti bolognaise, this is a tasty alternative you can enjoy for lunch or dinner.

Cooking Time: 50 Minutes/Serves: 4 Servings

Ingredients:

- 4 tablespoons of red wine
- 425 grams of canned tomatoes
- 1 clove of garlic crushed
- 400 grams of finely chopped mushrooms
- 1 finely chopped onion
- 4 tablespoons of olive oil
- 1 packet of spaghetti
- 1 pinch of salt and pepper
- 1 teaspoon of pitted mashed olives
- 1 teaspoon of dried basil leaves
- 4 tablespoons of tomato paste

Directions:

1. Heat the oil in a frying pan and add the onions. Cover and leave to cook for 5 minutes.
2. Add the mushrooms and garlic and cook for another 5 minutes until the ingredients start to brown.
3. Add the basil, tomato paste, wine and stir to combine. Cover and simmer for 30 minutes until the paste starts to thicken.
4. Season with salt and pepper.
5. Cook the spaghetti according to the packet's instructions.
6. Spoon the spaghetti into bowls, top with the sauce and serve.

Asian Noodles and Tea Eggs



For the lovers of Asian food, this mushroom dish is for you!

Cooking Time: 35 Minutes/**Serves:** 4 Servings

Ingredients:

- 8 eggs
- 2 cups of water
- 2 black tea bags
- $\frac{1}{4}$ cup of rice wine vinegar
- $\frac{3}{4}$ cups of brown sugar
- 1 cup of dark soy sauce
- 1 tablespoon of Chinese five-spice powder
- Tea eggs
- 1 bunch of baby purple shiso to serve (optional)
- 1 thinly sliced long red chilli
- 4 shredded spring onions
- 1 tablespoon of sliced ginger
- 200 grams of chopped Asian mushrooms

- 1 bunch of broccolini
- 2 tablespoons of sesame oil
- 350 grams of fresh egg noodles

Directions:

1. To cook the tea eggs, combine the brown sugar, soy sauce and Chinese five spice in a medium sized saucepan. Add some water and bring the ingredients to a boil over a high temperature.
2. Add the eggs and cook for 3 minutes; once cooked, use a slotted spoon to remove them.
3. Lay the eggs in a bowl and use the back of a spoon to gently tap the eggs.
4. Take the saucepan off the cooker and drop put the eggs back into the hot water. Cover and leave to marinate and cool down for 2 hours.
5. Scoop out one cup of the cooking liquid and put it to one side.
6. Cook the noodles according to the directions on the packet and set them to one side.
7. In a large frying pan, heat the oil over medium temperature, add the broccolini and cook for 3 minutes.
8. Add the mushrooms and cook for another 3 minutes.
9. Add the ginger and the cooking liquid you scooped out and heat for another 1 minute.
10. Peel the eggs and cut some of them in half.
11. Divide the vegetables and noodles into bowls, drizzle the cooking liquid over the top.
12. Arrange the eggs over the top.
13. Scatter the shiso (if using), chilli and green onions over the top and serve.

Mushroom Sauce with Steak Frites



You can't go wrong with mushrooms and steak!

Cooking Time: 55 Minutes/Serves: 4 Servings

Ingredients:

- 1 handful of steamed green beans to serve
- 1 bunch of steamed broccolini to serve
- ¼ cup of natural Greek yoghurt
- ½ a cup of beef stock
- ¼ cup of red wine
- 2 teaspoons of Worcestershire sauce
- 1 teaspoon of Dijon mustard
- 400 grams of Swiss brown mushrooms cut in half
- 2 teaspoons of thyme leaves
- ½ a sliced brown onion
- 20 grams of butter

- 2 sprigs of chopped rosemary leaves
- The zest of 1 lemon
- 500 grams of Dutch cream potatoes
- 3 tablespoons of extra virgin olive oil
- 800 grams of beef rump steak

Directions:

1. Prepare the oven by heating it to 200 degrees F.
2. Brush the steak with 1 tablespoon of olive oil.
3. To cook the frites, slice the potatoes into chunky chip shapes.
4. Place the frites in bowl, add the rosemary, lemon zest, 1 tablespoon of olive oil and salt and pepper, stir to combine.
5. Arrange the frites onto large baking tray then bake for 30 minutes until they become crispy and a deep golden brown color.
6. To cook the mushroom sauce, heat the rest of the oil in a large frying pan over a high temperature.
7. Add the butter, thyme and onions and cook for 10 minutes until the onions become golden brown in color.
8. Add the mushrooms and stir them slightly to brown.
9. Add the wine, Worcestershire sauce and the mustard, stir to combine and leave the ingredients to bubble up and reduce.
10. Add the stock and stir to combine.
11. Take the saucepan off the fire and leave it to cool down.
12. Add the yogurt and stir.
13. To cook the steak, put some oil into a chargrill pan and heat on a high temperature.
14. Add the steak and cook for 3 minutes on both sides (or longer if you want).
15. Slice the steak into thick chunks and serve with the chips, beans and broccolini.

Spaghetti with Spinach, Mushrooms and Tomato



Add an extra kick to your spaghetti and add some mushrooms.

Cooking Time: 20 Minutes/**Serves:** 2 Servings

Ingredients:

- 1 packet of spaghetti
- 30 grams of baby spinach leaves
- 1 diced tomato
- ½ a diced onion
- 100 grams of mushrooms
- 2 cloves of crushed garlic
- 20 grams of butter
- Salt and pepper
- 2 liters of Massel Chicken Style Liquid Stock

Directions:

1. Pour the chicken stock into a large saucepan and boil over a high temperature.
2. Cook the spaghetti in the chicken stock.
3. Add the butter to a frying pan and heat over a medium temperature.
4. Add onion, mushrooms and garlic cloves and fry for five minutes.
5. Add the chopped tomato and fry for another 2 minutes.
6. Once the pasta is cooked, take two tablespoons of the stock and add it to the frying pan.
7. Drain the pasta and add it to the frying pan.
8. Add the baby spinach and stir until it wilts.
9. Divide the spaghetti between plates and serve.

Spagaroni



A plain and simple mushroom recipe for the whole family to enjoy.

Cooking Time: 80 Minutes/Serves: 6 Servings

Ingredients:

- ¼ cup of parmesan cheese
- 600 ml of milk
- ½ a cup of plain flour
- 50 grams of butter
- 250 grams of macaroni
- 1 tablespoon of fresh oregano
- 500 grams of Bolognese pasta sauce
- 2 grated Zucchini
- 2 large carrots, grated
- 3 cloves of crushed garlic
- 500 grams of veal and pork mince
- 100 grams of diced mushrooms

- 1 large sliced leek
- 1 punnet of cherry tomatoes
- 2 tablespoons of olive oil

Directions:

1. Prepare the oven by preheating it to 200 degrees C.
2. Arrange the cherry tomatoes on a baking tray and douse them in olive oil.
3. Bake the cherry tomatoes for 20 minutes.
4. Heat the rest of the olive oil in a large ovenproof pan.
5. Cook the mushrooms and the leek until they have softened and reduced.
6. Add the mince and cook until they turn golden brown in color.
7. Add the oregano, garlic and vegetables, stir and cook for 5 minutes.
8. Add the pasta sauce and cherry tomatoes, bring the ingredients to a boil and leave to simmer for half an hour.
9. While the ingredients are simmering, make the white sauce by heating a medium saucepan over a low temperature and melting the butter.
10. Add the flour and stir for one minute.
11. Slowly add the milk and stir until the sauce turns thick in consistency.
12. Add the Parmesan cheese and stir until it melts.
13. Preheat the oven to 200 degrees F.
14. Cook the macaroni according to the instructions on the packet.
15. Drain the macaroni and put it back into the saucepan.
16. Pour the sauce over the top of the macaroni and stir to combine.
17. Sprinkle the grated cheese over the top and bake in the oven for 10 minutes.
18. Once the cheese has melted and browned, remove from the oven and serve with garlic bread.

Creamy Mushroom, Mustard Meatballs



Take your meatballs to a completely different level with these delicious creamy treats!

Cooking Time: 30 Minutes/Serves: 4 Servings

Ingredients:

- 40 grams of any creamy mustard meatballs recipe base sachet
- 80 ml of thick cream
- 200 grams of beans
- 1 medium red capsicum
- 200 grams of button mushrooms
- 500 grams of mince beef
- 2 cups of cooked rice

Directions:

1. Create 24 meatballs out of the mince and brown them in a non-stick frying pan.

2. Add the beans, mushrooms and capsicum, cook for 5 minutes stirring every 5 minutes.
3. Combine the recipe base sachet with $\frac{1}{2}$ a cup of water, mix together thoroughly and then pour over the meatballs and vegetables. Cover and leave the ingredients to simmer for 5 minutes.
4. Add the cream and stir to combine.
5. Divide the rice onto plates, spoon the sauce over the top and serve.

Mushroom and Stroganoff Recipe



This makes the perfect comfort dinner on a cold winter's night.

Cooking Time: 35 Minutes/Serves: 4 Servings

Ingredients:

- 2 tablespoons of fresh chives, chopped
- ¼ cup of creme fraiche
- 1 bunch of trimmed broccolini
- 100 grams of trimmed green beans
- 1 ½ cups of low sodium beef stock
- 1 teaspoon of Worcestershire sauce
- 1 teaspoon of Dijon mustard
- 2 tablespoons of tomato paste
- 2 teaspoons of sweet paprika
- 2 tablespoons of plain flour
- 3 cloves of garlic finely chopped
- 250 grams of dried pappardelle pasta
- 1 tablespoon of extra virgin olive oil

Directions:

1. Cook the pasta according to the directions on the packet, drain and set to

one side.

2. In a large deep-frying pan, heat the oil and cook the sausages until browned.
3. Take the sausages from the pan and chop into thick slices.
4. Add the mushrooms to the pan and cook for around 5 minutes until they become tender.
5. Add the paprika, flour and garlic and stir to combine.
6. Add the sauce, mustard and paste and stir to combine.
7. Add the sausages to the ingredients and bring to a boil. 8. Turn the heat to a low temperature and leave the ingredients to simmer.
9. Stir the ingredients occasionally until the ingredients start to simmer. This should take approximately 7 minutes.
10. Cook the broccolini and beans in a saucepan of boiling water for 3 minutes or until the vegetables turn bright green in colour.
11. Once the vegetables are cooked, drain and put them to one side.
12. Add the creme fraiche to the sausage mixture, season with salt and pepper and leave the ingredients to cook for 1 minute.
13. Add the pasta to the sauce and toss to combine.
14. Sprinkle with chives, divide onto plates and serve with the beans and broccolini.

Mushroom and Salmon Frittata Muffins



This combination of salmon and mushrooms is simply adorable.

Cooking Time: 45 Minutes/Serves: 4 Servings

Ingredients:

- 1 cup of baby shredded leaves
- 4 cups of medium diced mushrooms
- 1 medium purple sweet potato peeled and sliced into cubes
- 6 eggs
- 2 tablespoons of olive oil
- 1 Tassal of salmon fillet, skinned

Directions:

1. Prepare the oven by heating it to 200 degrees C.
2. Grease the 8-cup muffin tray with 1 tablespoon olive oil.
3. Heat the oil in non-stick frying pan and then cook salmon fillets about 10

minutes. Turn the fillets over once during that time.

4. Once the salmon is cooked, put it into bowl and flake.

5. Whisk the eggs in a small bowl and set them to one side.

6. Fill a microwaveable bowl $\frac{1}{4}$ of the way up, add the sweet potatoes and cook until they become tender.

7. Preheat the oven to 200 degrees F.

8. Remove the potatoes from the microwave and add the mushrooms, eggs and spinach, stir to combine and then pour into the muffin cups.

9. Bake the muffins for 15-20 minutes.

10. Once cooked, remove from the oven and serve.

Roasted Lamb, Pumpkin, Mushroom and Garlic Salad



Give your salad an extra kick with this scrumptious recipe.

Cooking Time: 50 Minutes/Serves: 2 Servings

Ingredients:

- Red wine vinegar to serve
- ½ a cup of flat leaf parsley leaves
- ¼ cup of roughly chopped toasted walnuts
- ¼ cup of halved cherry bocconcini
- 50 grams of baby spinach
- ½ a cup of quinoa
- 2 sprigs of stripped thyme leaves
- 1 peeled beetroot diced
- 160 grams of pumpkin diced
- 2 cloves of crushed garlic
- 200 grams of small button mushrooms stems removed
- 2 cloves of crushed garlic

Directions:

1. Prepare the oven by heating the oven to 200 degrees F.
2. Arrange the lamb in a roasting dish, brush it with oil and season.
3. Toss the mushrooms with the rest of the oil and garlic and add to the roasting dish.
4. Scatter the thyme leaves around the lamb and bake for 30 minutes.
5. Once cooked, remove the lamb from the oven, put it onto a plate and cover with foil to rest.
6. Cook the quinoa according to the instructions on the packet.
7. Once the water has been absorbed, remove the quinoa from the cooker, cover and leave it to sit for five minutes.
8. Thinly slice the rested lamb.
9. Arrange the salad on a plate, top with the lamb and drizzle with oil and vinegar.

Mushroom Fried Rice



This recipe will give traditional egg fried rice a run for its money.

Cooking Time: 17 Minutes/Serves: 4 Servings

Ingredients:

- 4 eggs
- 1 ½ tablespoons of gluten-free tamari sauce
- 350 grams of Australian superfood vegetable mix
- 300 grams of mushrooms
- 2 packets of Ancient Grains microwave rice mix

Directions:

1. Cook the rice according to the directions on the packet and set it to one side.
2. Heat some oil in a wok over medium temperature.
3. Add the mushrooms and until they become gold in color and soft. Season with salt and pepper and spoon onto a plate.

4. Turn the heat down to low, add the vegetables and cook for 3 minutes.
5. Add the warm rice and the tamari and stir to combine.
6. Add the mushrooms and stir to combine for 2-3 minutes.
7. Spoon the rice mixture onto plates.
8. Fry the eggs, arrange on top of the rice and serve.

Mushroom Delight Breakfast for Champions



Start your day right with this finger-licking good breakfast.

Cooking Time: 15 Minutes/**Serves:** 2 Servings

Ingredients:

- 2 tablespoons of cold pressed virgin olive oil
- 10 large button mushrooms, quartered
- ¼ teaspoon of Himalayan pink salt
- 1 teaspoon of Herbes de Provence
- Crispy French bread

Directions:

1. Heat the oil in a frying pan over a high temperature.
2. Cook the mushrooms until they become golden brown in color.
3. Add the seasoning, the salt and stir to combine.
4. Spoon onto a plate and serve with crispy French bread.

White Beans with Minced Lamb Portuguese Style



This recipe will blow your mind.

Cooking Time: 40 Minutes/**Serves:** 4 Servings

Ingredients:

- 2 handfuls of snake beans
- 2 cups of white rice
- 2 tablespoons of finely chopped coriander
- 400 grams of white beans, drained
- 1 can of tomatoes
- 1 ½ teaspoons of brown sugar
- 2 thinly sliced long red chillies
- 2 tablespoons of tomato paste
- 2 teaspoons of chili flakes
- 2 teaspoons of smoked paprika
- 2 tablespoons of ground cumin
- 200 grams of Swiss brown mushrooms, quartered

- 2 tablespoons of olive oil
- 750 grams of minced lamb

Directions:

1. In a large saucepan heat the oil over medium temperature.
2. Add the onions, mushrooms and spices and stir until the ingredients become soft.
3. Add the mince lamb and cook until the mince turns brown in colour, this should take approximately 7 minutes.
4. Add the tomatoes, sugar, chilli, paste and water and stir to combine.
5. Add the coriander and beans and stir to combine.
6. Divide the rice and snake beans onto plates, top with the chilli lamb, add some extra coriander and serve.

Penne with Mushroom, Chicken and Broccoli Cream Sauce



This awesome combination of broccoli, chicken, and mushroom will have you coming back for seconds.

Cooking Time: 17 Minutes/Serves: 4 Servings

Ingredients:

- 3 cups of Massel Chicken Style Liquid Stock
- 250 ml of cooking cream
- 1 cup of white wine
- 1 handful of baby spinach
- 2 cups of broccoli florets
- Salt and pepper
- 1 clove of crushed garlic
- 1 chopped onion
- 250 grams of sliced button mushrooms
- 4 cubed chicken thigh fillets
- 500 grams of penne

Directions:

1. Heat the olive oil in a large frying pan and cook until tender.
2. Spoon out the mushrooms onto a plate.
3. Cook the pasta according to the packets on the instructions. Drain and set it to one side.
4. Add the chicken, onion and garlic to the frying pan and cook until the onions become translucent and soft.
5. Add the white wine and then transfer the mushrooms back into the saucepan.
6. Turn the cooker down to low and add the cooking cream. Stir to combine.
7. Add the broccoli florets and half the chicken stock.
8. Add the spinach, stir to combine and turn the cooker off.
9. Add the pasta to the sauce and stir to combine.
10. Divide onto plates and serve.

Mushroom Omelette in a Bag



A mouth-watering omelette with healthy goodness.

Cooking Time: 15 Minutes/**Serves:** 4 Serving

Ingredients:

- 1 packet of diced mushrooms
- 2 diced green onions
- 2 cups of cheddar cheese
- 1 diced tomato
- 1 diced capsicum
- 6 ounces of cubed ham
- 12 large eggs
- Salt and pepper

Directions:

1. Boil a large pot of water on high heat.
2. Whisk the eggs in a large bowl.
3. Add the vegetables, ham and cheese, season with salt and pepper and stir to combine.
4. Spoon the egg mixture into 4 Ziploc bags.
5. Add the bags to the boiling water and cook for 15 minutes.
6. Once cooked, remove from the water and serve.

Cheese and Mushroom Rigatoni Recipe



This unique recipe is guaranteed to have you coming back for more.

Cooking Time: 20 Minutes/**Serves:** 2 Servings

Ingredients:

- 250 grams of rigatoni pasta
- ½ a teaspoon of sea salt
- 1 spring onion stalk finely chopped
- ½ a cup of chopped dried shiitake mushrooms
- 5 chopped champignon mushrooms
- 1 teaspoon of dissolved brown misso paste
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- 50 grams of Bio Nature grated cheddar cheese
- ½ a cup of nutritional yeast flakes

- 300ml of soy milk
- 2 tablespoons of plain flour
- 2 tablespoons of Nuttlex margarine

Directions:

1. Melt the margarine in a saucepan over medium temperature.
2. Add the flour and whisk to combine.
3. Slowly pour the soy milk into the pan and whisk to combine, until the texture becomes smooth and creamy.
4. Add the grated cheese and nutritional yeast flakes and stir to combine.
5. Keep stirring until the sauce starts to simmer.
6. Add the dark miso paste, sea salt, garlic powder, onion powder and stir to combine.
7. Heat some oil in frying pan and add the mushrooms and then fry for about 2 minutes.
8. Add the spring onions and fry for another 3 minutes.
9. Add the mushrooms to the cheese sauce, stir to combine and set the pot to one side.
10. Cook the pasta according to the instructions on the packet and drain.
11. Spoon the pasta onto plates, top with the sauce and serve.

Mushroom Roulette



With these juicy mushrooms, this dish will become your new favourite dish for sure.

Cooking Time:50 Minutes/**Serves:** 4 Servings

Ingredients:

- 500 grams of pasta
- 3 tablespoons of sour cream
- 2 tablespoons of tomato paste
- 1 teaspoon of smoked paprika
- 750 grams of mushrooms
- 2 tablespoons of marsala
- 1 tablespoon of butter
- 1 tablespoon of oil
- 1 sliced garlic
- 3 sliced onions

Directions:

1. Heat the oil in a frying pan over a medium temperature.
2. Add the garlic and onions and cook until they become soft.
3. Add the marsala, stir to combine and leave the ingredients to cook for 15 minutes.
4. Add the mushrooms and cook until soft.
5. Add the tomato paste and the paprika and stir to combine.
6. Cook the pasta according to the instructions on the packet and drain.
7. Add the sour cream to the sauce and stir to combine.
8. Divide the pasta onto plates, top with the sauce and serve.

Mushrooms with Rice



This simple but tasty recipe can be eaten for lunch or dinner, and it's made in less than an hour.

Cooking Time: 45 Minutes/Serves: 4 Servings

Ingredients:

- 1 pinch of Massel Vegetable Stock Powder
- $\frac{3}{4}$ cups of finely sliced shallots
- Salt and pepper
- 1 liter of Massel Chicken Style Liquid Stock
- 1 $\frac{1}{2}$ cups of long grain rice
- 1 small diced onion
- 3 cloves of crushed garlic
- 1 tablespoon of butter
- 2 tablespoons of olive oil
- 375 grams of brown mushrooms

Directions:

1. Heat the butter and oil in a large saucepan over medium temperate.
2. Cook the onions for 2 minutes.
3. Add the mushrooms and garlic, season with salt and pepper, stir to combine and cook until soft.
4. Add the stock, add the rice, stir to combine and turn the heat down. Leave to simmer until the rice turns soft.
5. Season with the stock and stir to combine.
6. Add the shallots and stir to combine.
7. Spoon onto plates and serve.

Chinese Mushroom Stir-Fry



This sumptuous Chinese style recipe is ready in less than 30 minutes.

Cooking Time: 25 Minutes/Serves: 4 Servings

Ingredients:

- 1 handful of fried shallots
- 1/3 cup of roasted cashews
- ½ a teaspoon of Chinese five-spice powder
- ½ a cup of tamari sauce
- 200 grams of quartered shiitake mushrooms
- 200 grams of shimeji mushrooms
- 200 grams of enoki mushrooms
- 100 grams of oyster mushrooms
- 2 bunches of chopped Chinese broccoli
- 1 bunch of thinly sliced snake beans
- 1 seeded and finely chopped green chilli
- 2 cloves of garlic finely chopped

- 2 tablespoons of sesame oil
- 270 grams of dried soba noodles

Directions:

1. Cook the noodles according to the instructions on the packet, and then drain and set to one side.
2. Heat the oil in a large wok, add the snake beans, chilli and garlic and stir to combine.
3. Add the mushrooms and Chinese broccoli and stir to combine. Cook until the mushrooms become tender.
4. Add the Chinese five spice and tamari and stir to combine.
5. Add the noodles to the wok and stir to combine.
6. Sprinkle with fried shallots, roasted cashews and serve.

Mini Mushroom Quiche



A clever little mushroom recipe that the whole family can enjoy.

Cooking Time: 25 Minutes/Serves: 4 Servings

Ingredients:

- 3 sheets of Pampas shortcrust pastry
- 125 grams of grated cheese
- 1 cup of milk
- 2 eggs
- 1 cup of finely chopped mushrooms
- 250 grams of finely diced bacon
- Dried parsley
- Salt and pepper

Directions:

1. Prepare the oven by heating it to 200 degrees C.

2. Heat some oil in a frying pan and cook the onions, bacon and mushrooms until tender.
3. Line tart tins with the pastry and prick with a fork.
4. Spoon the mixture on top of the pastry and sprinkle with grated cheese.
5. Whisk the egg and milk in a bowl and season with salt and pepper.
6. Pour the egg mixture over the pastry and sprinkle with parsley flakes.
7. Bake for 5 minutes.
8. Turn the oven down to low and bake for another 10 minutes.
9. Remove from the oven and serve.

Conclusion

Thank you for purchasing this book, I hope you've had the chance to make and enjoy all these mouth-watering mushroom recipes. Your journey with mushrooms has just begun, please feel free to adapt the recipes by adding new ingredients or taking away the ones you were not fond of. You've just scratched the surface with this book as there are plenty more delicious meals you can make with mushrooms.

I wish you every success on your mushroom recipe journey.

About the Author

Heston Brown is an accomplished chef and successful e-book author from Palo Alto California. After studying cooking at The New England Culinary Institute, Heston stopped briefly in Chicago where he was offered head chef at some of the city's most prestigious restaurants. Brown decided that he missed the rolling hills and sunny weather of California and moved back to his home state to open up his own catering company and give private cooking classes.

Heston lives in California with his beautiful wife of 18 years and his two daughters who also have aspirations to follow in their father's footsteps and pursue careers in the culinary arts. Brown is well known for his delicious fish and chicken dishes and teaches these recipes as well as many others to his students.

When Heston gave up his successful chef position in Chicago and moved back to California, a friend suggested he use the internet to share his recipes with the world and so he did! To date, Heston Brown has written over 1000 e-books that contain recipes, cooking tips, business strategies for catering companies and a self-help book he wrote from personal experience.

He claims his wife has been his inspiration throughout many of his endeavours and continues to be his partner in business as well as life. His greatest joy is having all three women in his life in the kitchen with him cooking their favourite meal while his favourite jazz music plays in the background.

Author's Afterthoughts

Thank you !!!



Thank you to all the readers who invested time and money into my book! I cherish every one of you and hope you took the same pleasure in reading it as I did in writing it.

Out of all of the books out there, you chose mine and for that I am truly grateful. It makes the effort worth it when I know my readers are enjoying my work from beginning to end.

Please take a few minutes to write an Amazon review so that others can benefit from your opinions and insight. Your review will help countless other readers make an informed choice

Thank you so much,

Heston Brown