



Fall 2009



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# Fresh. Simple. Good.

## *Entertaining Made Easy*

With the arrival of fall comes traditional family get togethers, fancy dinner parties, and holiday festivities. In all the planning and commotion have you thought about what appetizers you will serve at

your next get together? Why not fresh Canadian mushrooms? Fresh mushrooms are fast & easy to prepare, flavourful, elegant, and are sure to keep your guests entertained before dinner.



### **Mushroom Fondue**

Fondue is back. Especially the melted Swiss cheese version served with fresh mushrooms, whole or halved. Skewer and dip mushrooms (whites and browns are delicious) into your favourite cheese fondue mixture. Serve with dry white wine and let the conversation begin.

### **Mushroom Bruschetta**

Need something that you can prepare ahead? Combine 2 cups chopped assorted mushrooms with minced garlic, chopped fresh parsley, fresh basil, 3 tablespoons of olive oil, and pepper to taste. Refrigerate several hours or overnight. Spoon onto lightly toasted slices of fresh bread. Sprinkle with grated mozzarella and Parmesan

### **Mushroom Dippers**

Use fresh whole or thick sliced mushrooms for dipping instead of crackers or chips. They're nutritious, great for the calorie conscious and delicious.

### **Mushroom Kebabs**

Thread mushrooms onto several bamboo skewers; brush with oil and broil, turning often. Remove mushrooms from skewers onto platter. Serve hot, with a ranch style dressing for dipping. Tasty and simple.

No matter what recipe you use, your guests will be not only entertained but also amazed by the versatility of the mushroom.

## *Now Playing: French Mushroom Soup*

Subtle herbs compliment the rich mushroom flavour in this decadent soup. It makes a perfect starter to a luncheon or dinner party.



For printed recipe see page 2 of the Newsletter.

## *Mushrooms and Your Health: Sodium? Not in Mushrooms.*

Canadian adults consume an average of 3,092 mg of sodium daily. That is more than double the 1,500 mg recommendation by Health Canada. In fact, it exceeds the tolerable upper intake level of 2,300 mg.

Excess sodium is one of the causes of high blood pressure. High blood pressure is a major factor of cardiovascular disease, which is currently the #1 cause of death of Canadians.

### **Fresh Mushrooms and Sodium**

A 100g serving of fresh Canadian white button mushrooms contain only 4 mg of sodium. In addition, a serving of fresh mushrooms provides 8% of your daily

requirement of potassium. Foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease. Also, mushrooms contain Umami, which helps to boost the flavours of your food, meaning less salt is required to taste.

### **Mushrooms make a difference:**

- Substitute ½ cup of white mushrooms for ½ cup of cheddar cheese in your omelette or scrambled eggs. *Save 349 mg sodium.*
- Substitute 1 cup of grilled portabella mushrooms for sausage in pasta. *Save 632 mg sodium.*
- Try “white buttons and dip” instead of “corn chips and dip.” *Save 552 mg sodium.*

*For more information on how mushrooms can help keep you healthy visit: [www.mushrooms.ca](http://www.mushrooms.ca)*

## **“Watch For Us” in these locations:**

- October 31 - November 1, 2009 - The Zoomer Show, Toronto, Ontario
- November 10-11, 2009 - Royal Agricultural Winter Fair, Toronto, Ontario
- November 13, 2009 - WOW Spa Night, Kincardine, Ontario
- November 27, 2009 - WOW Spa Night, Peterborough, Ontario

## *French Mushroom Soup*

Subtle herbs compliment the rich mushroom flavour in this decadent soup. It makes a perfect starter to a luncheon or dinner party.

**Prep Time:** 10 Minutes **Cooking Time:** 30 Minutes



1/4 cup butter	50 mL
1 lb. fresh Mushrooms, thinly sliced	500 g
1/3 cup flour	75 mL
6 cups chicken broth	1.5 L
1/2 tsp dried thyme leaves	2 mL

1 bay leaf	1
1/4 cup chopped green onions	50 mL
2 large egg yolks	2
1/2 cup whipping cream	125 mL
White pepper to taste	
2 tbsp minced parsley	25 mL

### **Method**

In large heavy soup pot, melt butter over medium heat; sauté mushrooms for 5-6 minutes or until moisture from mushrooms has evaporated; sprinkle flour over mushrooms and cook 1 minute. Gradually stir in broth; bring to boil, stirring constantly. Add thyme, bay leaf and green onions; reduce heat and cover. Simmer 15- 20 minutes. Remove bay leaf. In small bowl whisk egg yolks with cream; stir 1cup (250 mL) hot broth into cream mixture and then return all to saucepan. Heat over low heat until hot about 5 minutes; add pepper to taste. Serve sprinkled with parsley. Makes 8 servings

Note: If table cream is substituted and allowed to boil it will curdle.

**Variation:** Add ¼ cup (50 mL) medium sherry