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Summer 2009

Fresh. Simple. Good.

The “Secret” to perfect sautéed mushrooms

They are easy, fast, and full of flavour; but how exactly do you go about getting the perfect sauté every time?



Sautéed mushrooms; we see them all the time at restaurants. Perfectly cooked, golden, and caramelized, on top of burgers, steaks, salads, or even by themselves. Try to replicate that at home and you often end up with something that resembles mushrooms

in a watery broth. So what exactly are we doing wrong? How do we get that restaurant quality sauté?

“There are three secrets that I have that work perfectly every time,” says Brittany Stager, Marketing Manager for Mushrooms Canada, “you need high heat, don’t crowd the pan, and keep them moving.”

Brittany, who is no stranger to sautéing fresh mushrooms, serving up thousands of samples at several women’s show and food festivals this year, is absolutely right.

The first mistake that we often make when preparing sautéed mushrooms is low to medium heat; the pan needs to be hot, so don’t be afraid to turn up

the heat. The second thing we often do wrong is throw all the mushrooms into the pan. What’s ideal is to have all the mushrooms in a single layer, not to crowd the pan. If there are too many mushrooms, they steam rather than sauté, releasing all their juices, causing a mixture that resembles a soup. Lastly, we need to keep them moving. When they are in a hot pan, you want all sides of the mushroom to come in contact with the surface, so keep them moving. You will get a nice golden brown colour and some crispiness around the edges. “Follow these three secrets and you will have perfect sautéed mushrooms every time.”

Now Playing: Simple Sautéed Mushrooms

What could be simpler than sautéed mushrooms? Not only is this sautéed mushroom recipe easy and ready in 5 minutes, it adds tons of flavour to any meal. Serve on top of burgers, chicken, beef or pork, add to pasta dishes, soups or salads, or simply serve it as a side.



Mushrooms and Your Health:

Arthritis

The definition of arthritis may be relatively simple – inflammation of the joint – but the disease actually consists of more than 100 different conditions. They range from mild forms of tendonitis or “tennis elbow” to forms like rheumatoid arthritis that can cripple the whole body. Inflammation is involved in many forms of arthritis. Joint inflammation can happen for a variety of reasons including a broken bone, infection, an autoimmune disease or just general “wear and tear” on joints. Inflammation is the body’s natural response to injury and leads to redness, swelling, heat and pain in the affected area. With some injuries or diseases, the inflammation does not go away or the wound cannot be healed and this can lead to long-term pain and in the case of rheumatoid arthritis, debilitating deformities.

So what about diet and arthritis? Basically most theories about food causing, curing or even affecting arthritis have not yet been proven. When it comes to the food you eat, the best things you can do to help prevent or lessen the effects of arthritis are being at a

healthy weight and eating a variety of nutritious foods, including fresh mushrooms.

Adding the Antioxidants

Fresh mushrooms contain ergothioneine, which acts as an antioxidant. Ergothioneine doesn’t break down when it’s heated which means you’ll still get the benefit whether you’re eating mushrooms raw or cooked.

Anti-Inflammatory

Beta-glucans, a type of carbohydrate found in mushrooms, has potential anti-inflammatory activity, which may help protect the body against disease.

Watch the Weight

Being at a healthy weight may lessen the strain on painful joints. Fresh mushrooms are a perfect choice for weight management, since they have high water content, are low in fat and contain some fibre: three factors that will help you feel full with fewer calories. That means less room for calorie-laden foods.

For the full story on how mushrooms can help keep your heart healthy visit: www.mushrooms.ca

“Watch For Us” in these locations:

- September 11, 2009 - WOW, Thanks Mom - Women Seminar, London, Ontario
- October 16, 2009 - WOW, Thanks Mom - Women Seminar, Listowel, Ontario
- October 23-25, 2009 - National Women’s Show, Toronto, Ontario
- November 10-11, 2009 - Royal Agricultural Winter Fair, Toronto, Ontario

Simple Sautéed Mushrooms

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1 tbsp olive oil, vegetable oil or butter 15 mL
1/2 lb. sliced fresh Mushrooms 250 g

1 tsp dried herbs (Italian, basil, rosemary, tarragon or thyme) 5 mL
Pinch of salt (optional)

Method

Heat 1 tbsp (15 mL) vegetable or olive oil or butter in a large skillet over medium-high heat. Sauté ½ lb (250g) sliced mushrooms for 3-4 minutes or until starting to brown. Add 1 tsp (5 mL) dried herbs (e.g. Italian, basil, rosemary, tarragon or thyme) and a pinch of salt, sauté for 1-2 minutes.

Tip: It is important to use a large pan so the mushrooms are in a single layer and will brown rather than steam and release all their juices.

Variations: Substitute fresh herbs using 2 tbsp (25 mL) minced parsley or 1 tbsp (15 mL) minced fresh herbs (e.g. thyme, basil, or tarragon) and 1 minced clove garlic. Seasoning salt or salt free seasonings may be added to taste.