

### ENOKI SNACK - Appetizer

- 1 pkg. (3 1/2 ounces) Golden Gourmet Enoki Mushrooms
- 2 Tbsp. soy sauce
- 2 Tbsp. dry sherry
- 1 tsp. Chinese mustard
- 1 Tbsp. minced green onion

In a small serving bowl mix together soy sauce, dry sherry, Chinese mustard, and green onions. Rinse mushrooms thoroughly and cut off bottoms of stems. Serve mushrooms on tray with sauce. To eat, dip in sauce.

### CREAMY MUSHROOM SOUP

- 2 Tbsp. finely chopped onion
- 1 Tbsp. butter
- 1/2 bay leaf
- 1/2 tsp. salt
- 1/2 tsp. paprika
- 1/4 cup dry white wine
- 1 pkg. (3 1/2 ounces) Golden Gourmet Enoki Mushrooms
- 1 can (13 3/4-oz) chicken broth
- 2 Tbsp. flour
- 1 cup milk
- 1 cup dry sherry
- Chopped parsley for garnish.
- Dash of thyme

Sauté onion in butter in large saucepan until clear and lightly browned. Add thyme, bay leaf, salt, paprika, wine and all but 1/4-cup chicken broth. Simmer, covered, 15 min. Remove bay leaf. Combine remaining 1/4-cup chicken broth and flour. Pour into saucepan, stirring until thickened. Add Enoki mushrooms; simmer 1 minute. Stir in milk and sherry. Heat to serving temperature; do not boil. Garnish with chopped parsley.

### PASTA WITH SMOKED OYSTERS, FRIED SPINACH & ENOKI - Main dish

- 12 oz. small spinach leaves
- 8-10 ounces Pasta shells
- 1 pkg. (3.5 oz.) Golden Gourmet Enoki Mushrooms
- 2 3-ounce cans smoked oysters or smoked mussels
- 3 large garlic cloves, finely chopped
- Salt and black pepper
- Grated Parmesan cheese, to serve (optional)

Wash and drain spinach and mushrooms. Cut the lower one-inch of the Enoki mushrooms and rinse again. Pat dry. Bring large pan of salted water to boil, drop in pasta, shells and cook 7-12 minutes until al dente (just cooked). Meanwhile drain oil from smoked oysters into a large, deep skillet over high heat. When the oil is very hot, add the chopped garlic followed by the spinach leaves, and the Enoki mushrooms. Stir swiftly for barely one minute, just until the spinach becomes limp. Stir in smoked oysters. Remove from heat and season with plenty of black pepper and a little salt if needed. Drain pasta and put into a heated serving bowl. Pour the skillet mixture over the pasta and mix lightly. Serve immediately with grated Parmesan.

### ARUGULA, ENOKI, GARLIC CHIPS & PARMESAN SALAD

- 3 ounces (1 1/2 cups) arugula leaves
- 2 ounces (1/2 cup) Parmesan cheese, thinly shaved
- 1 pkg. (3 1/2 ounces) Golden Gourmet Enoki Mushrooms
- 4-5 garlic cloves
- 3 Tbsp. virgin olive oil
- 1 Tbsp. white wine vinegar
- Salt
- Freshly ground black pepper

Wash arugula leaves and Enoki mushrooms and drain well. Slice garlic cloves into thin chips, then fry them in olive oil until browned and crisp. Let cool and dry on paper towel. Put arugula into a salad bowl and scatter the garlic chips and Parmesan cheese over. Make the dressing by mixing the oil and vinegar together in a tightly lidded screw-top jar. Season with salt and pepper to taste. Just before serving, pour dressing over the salad and toss well. Serves 3.

It is our pleasure to bring you these recipes for ENOKI Mushrooms, Contact your local grocer for availability of Golden Gourmet Mushrooms. Let us know how you like these recipes or if you would like to share your own.

For more information please, write: P.O. Box 639, San Marcos, CA 92079 call, FAX or e-mail Craig Anderson or Steve Farrar @: Telephone: 760-471-7300 FAX: 760-471-7399 E-mails: ggmCraig@aol.com or ggmSteven@aol.com



GOLDEN GOURMET

Mushrooms

### GRILLED OYSTER MUSHROOMS - Appetizer

1 pound Golden Gourmet King Oyster mushroom caps  
5 Tbsp. peanut oil  
Parmesan cheese  
Salt and pepper to taste

Wash mushrooms and wipe clean. Remove stems and use for other recipes. Pour oil into a small bowl and then dip mushroom caps. Place on grill, and cook for about 3 minutes on each side. Salt and pepper to taste. Sprinkle with Parmesan cheese.

### CHILLED MUSHROOM AND GREEN BEAN SALAD

3/4 lb. fresh green beans	1/4 cup chopped red pepper
2 Tbsp. minced shallots	1 Tbsp. minced fresh basil
3 Tbsp. fresh lemon juice	(or 3/4 Tbsp. minced fresh basil)
1/4 cup reduced-calorie mayonnaise	
2 Tbsp. vegetable or olive oil	Freshly ground pepper
1 Tbsp. Dijon mustard	Tomato wedges for garnish
2 cups sliced fresh Golden Gourmet King Oyster mushrooms	

Cut beans in 1 1/2-inch lengths. Place with mushrooms in a 2-qt. microwave-safe dish. Add 3 Tbsp. water, cover and microwave on high power 5-6 min. or until beans are tender-crisp, stirring halfway through cooking. Drain; fill dish with ice water to stop cooking, set aside. In a small bowl, combine the shallots, mayo, lemon juice, oil and mustard. Drain beans and mushrooms; pour dressing on. Add red pepper and basil. Toss to coat; cover and chill several hours. At serving time, season with pepper. Serve garnished with tomato wedges or additional chopped red pepper. Serves 4 .

### HEARTY MUSHROOM AND OLIVE SOUP

1 1/2 cups milk  
1 cup half-and-half  
3 Tbsp. flour  
1/4 to 1/2 tsp. pepper  
1/2 lb. Golden Gourmet King Oyster mushrooms, sliced (3 1/4 cups)  
3 Tbsp. butter  
1/3 cup pitted California ripe olives, cut into wedges  
1/4 cup dry sherry  
1 cup grated Monterey jack cheese

Combine milk, half-and-half, flour and pepper; stir with wire whisk until smooth. Sauté mushrooms in butter in large saucepan or Dutch oven until tender. Add milk mixture and olives to mushrooms and cook over medium heat 5 minutes or until thickened and bubbly. Add sherry and cook 2 to 3 minutes longer. Spoon into bowls and top with cheese. Serve with hot crusty garlic bread.

### MUSHROOM BEEF STIR-FRY - Main Dish

2 oz. sirloin tip steak, thinly sliced	2 tsp. olive oil
1 garlic clove	6 snow peas (1 ounce)
1/2 tsp. finely grated fresh ginger (1/4 tsp. ground ginger)	
1 1/2 tsp. mushroom soy sauce (or regular soy sauce)	
2 tsp. sesame oil	1/4 cup beef broth
1/8 tsp. crushed red-pepper flakes	1/2 tsp. cornstarch
1/4 cup sliced Golden Gourmet King Oyster mushrooms (about 1 ounce)	
1/2 cup baby corn, bell peppers, yellow squash, or carrots, cut diagonally	

Combine beef strips, garlic, ginger, soy sauce, sesame oil and red pepper flakes. Let stand 1 hour or refrigerate overnight. In a medium skillet over moderately high heat, heat the olive oil. Add mushrooms and cook, stirring, for 1 min. Transfer vegetables to a bowl. In a small cup, dilute cornstarch in beef broth. Add beef to skillet and cook over moderately high heat about 3 min. Stir in beef broth and vegetables and cook 2-3 min. until sauce has thickened slightly. Serve over rice. Makes one 4-oz. portion.

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GOLDEN·GOURMET

*Mushrooms*

### STUFFED MUSHROOMS - Appetizers

22-24 large whole button mushrooms, cleaned and stems removed  
2 Tbsp. butter  
1 clove garlic, minced  
4 oz. Golden Gourmet Hon-shimeji mushrooms, finely chopped  
1 Tbsp. flour  
1/4 cup light cream  
Slivered almonds or pine nuts for garnish

2 Tbsp. chopped green onion  
1 Tbsp. chopped parsley  
1/4 tsp. pepper  
1 Tbsp. chopped fresh basil (or 1 tsp. crushed, dried)

Set aside whole mushrooms; chop stems, reserve. In skillet melt butter. Sauté reserved stems, with chopped Hon-shimeji mushrooms, garlic and onion 3 min., or till all liquid is absorbed. Sprinkle flour over mixture; add cream. Cook and stir 1 min. more. Add basil, parsley, and pepper; stir well. Remove from heat. Place mushroom caps, stem side up on a lightly greased baking sheet. Spoon mixture into caps, mounding slightly. Sprinkle almonds or pine nuts over each mushroom. Bake at 375°F for 10 min. Broil 2 min. just to brown. Serve hot. Makes 18.

### HOT MUSHROOM SALAD

4 cups mixed salad greens (red lettuce, spinach, Chinese/Napa cabbage)  
1/4 cup olive oil  
2 Tbsp. fresh lemon juice  
1 tsp. salt  
2 cups sliced Golden Gourmet Hon-shimeji mushrooms  
1 Tbsp. minced fresh dill (or 1/2 tsp. dried dill weed)  
Freshly ground black pepper  
1 cup garlic croutons

Rinse and pat dry salad greens, place in a serving bowl. In a small saucepan, combine oil, lemon juice, and salt. Heat mixture over medium heat until it boils. Add the mushrooms and continue cooking about 2 min. or until mushrooms are heated through. Stir in dill. Pour mixture over salad greens; toss well. Sprinkle with pepper and garnish with croutons. Makes 4 servings.

### CREAM OF MUSHROOM SOUP

1 lb. Golden Gourmet Hon-shimeji mushrooms  
4 slices bacon  
1 small onion, chopped  
4 cups potatoes, diced  
2 cups water  
2 cups light cream  
8 oz. clam juice

1/2 tsp. salt  
1/2 tsp. black pepper  
2 Tbsp. butter  
1/2 cup red peppers, diced  
1/2 cup white wine

Chop mushrooms with stems. Cut bacon into 1-in. strips; fry to brown, remove from pan and drain. Brown onion in bacon fat; remove half the fat. Add potatoes, mushrooms, water, salt, wine, red pepper, and clam juice. Cover and boil gently 30 min. Add bacon pieces, butter, and cream. Season with black pepper and salt. Serve immediately. Serves 4-6.

### HON-SHIMEJI MUSHROOM STIR FRY - Main Dish

2 Tbsp. peanut oil  
1 lb. fresh broccoli, cut  
2 lb. Golden Gourmet Hon-shimeji mushrooms, cut into 1/4-in. slices  
2 green onions, chopped  
1/4 cup dry-roasted cashews  
1 Tbsp. water  
1/4 tsp. salt  
1/4 tsp. fresh grated nutmeg (or 1/8 tsp. ground nutmeg)

Heat 1 Tbsp. oil in frying pan over high heat. Add broccoli and salt. Stir fry for 1 min. Add water and cook, stirring until broccoli is tender-crisp. Remove broccoli and set aside. Add mushrooms, onions, and nutmeg. Stir-fry until juices evaporate (about 3 min.). Return broccoli to frying pan and stir to mix. Top with roasted cashew nuts. Serves 4.

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