



## Barbecued Flat Mushrooms with Miso & Wasabi-Avocado Mayonnaise

**2 tbs white miso paste\***  
**1/4 cup lemon juice**  
**1 ripe avocado, peeled and deseeded**  
**2 tsp wasabi paste**  
**1/4 cup Japanese mayonnaise**  
**8 flat mushrooms, stems removed**  
**2 tbs peanut oil**  
**Salt and pepper**  
**2 cups mixed Asian herbs or micro salad greens**  
**1 small beetroot, julienned**

1. To make the dressing; whisk miso paste and lemon juice together and set aside.
  2. Puree avocado, wasabi and mayonnaise in a blender. Set aside.
  3. Preheat a greased barbecue grill on high heat. Toss mushrooms in peanut oil and season with salt and pepper. Arrange mushrooms stem-side down on barbecue. Barbecue for 3 minutes. Turn mushrooms and spoon over dressing. Barbecue for 3-4 minutes, until the sauce is hot and mushrooms are tender.
  4. Place salad greens on serving plates, top with avocado puree, mushrooms and sprinkle with beetroot then serve.
- \*Miso paste is a fermented soybean mixture used for soups and stews. It can be found in most supermarkets and all Asian grocery stores.

Plates supplied by TOKO Restaurant.



Australian Mushroom Growers Locked Bag 3, Windsor NSW 2756

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## Shichimi-Dusted Swiss Brown Mushrooms with Goma-Ae Spinach

**500g English spinach leaves**  
(about 2 big bunches)  
**1/4 cup toasted sesame seeds**  
**2 tsp caster sugar**  
**2 tbs salt reduced soy sauce**  
**2 tsp sesame oil**  
**12 large Swiss brown**  
**mushrooms**  
**2 tbs peanut oil**  
**1 tsp salt**  
**1 tbs Japanese shichimi**  
**powder\***

1. Blanch spinach leaves in a large saucepan of boiling water, then refresh in iced water. Squeeze well to remove excess water then chop finely. Set aside. Pound sesame seeds with sugar until pasty. Mix in soy sauce and sesame oil, then toss with spinach. Set aside.
2. Preheat a lightly greased barbecue grill on medium-high heat. Toss mushrooms in oil and sprinkle with salt. Arrange mushrooms on barbecue grill and cook for 3 minutes on each side, until just tender. Transfer to a board and cut into thick slices. Arrange spinach on serving plates, top with sliced mushrooms and sprinkle with shichimi powder and serve.

\*Japanese shichimi powder is a red pepper, sesame and spice mixture available in Asian grocery stores.

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## Mushroom Kushiyaki with Sweet Sansho Pepper Dressing

**2 tsp Szechuan peppercorns\*, crushed**  
**1/4 cup teriyaki sauce**  
**2 1/2 tbs mirin**  
**1 tbs lime juice**  
**1 tsp minced ginger**  
**24 button mushrooms**  
**1 large carrot, peeled, halved lengthways, cut into 1/2 cm thick slices**  
**1 small daikon radish, peeled, halved lengthways, cut into 1/2 cm thick slices**  
**8 green onions (shallots), trimmed, cut into 6cm pieces**  
**1/4 cup peanut oil**  
**Salt and pepper**

1. To make the dressing, crush and sieve the peppercorns and transfer to a small saucepan. Add teriyaki, mirin, lime juice and ginger. Bring to the boil over medium heat and cook for 1 minute. Set aside.
2. Thread mushrooms, carrot, daikon and green onions onto skewers. Brush skewers with peanut oil and season with salt and pepper.
3. Preheat a lightly greased barbecue grill on medium heat. Place skewers on barbecue, brush with dressing and barbecue, turning often, for 5-6 minutes until mushrooms are warm. Transfer to a serving plate and drizzle with remaining dressing and serve.

\*Szechuan peppercorns are known as 'sansho pepper' in Japan. They have a distinctly spicy flavour and a lingering heat. You'll find them in some supermarkets and all Asian grocers.

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## Mushroom Kushiyaki with Citrus Salt Pork & Chilli-Garlic Sauce

1 tsp chilli flakes  
4 garlic cloves, minced  
2 tbs salt reduced soy sauce  
1 tbs caster sugar  
2 tbs lime juice  
400g pork fillet, cut in  
24 cubes  
1 tsp ground ginger  
1 lemon, zested  
Salt and pepper  
12 shiitake mushrooms  
12 button mushrooms  
2 red capsicums, diced  
1½ tbs vegetable oil  
2 bunches asparagus,  
trimmed

1. To make the chilli-garlic sauce, mix chilli flakes, garlic, soy sauce, sugar and lime juice in a small saucepan, bring to a boil over medium-high heat and then set aside.
2. Preheat a lightly greased barbecue grill, place pork in a bowl and add ginger, lemon zest, salt and pepper. Toss to coat pork in mixture. Thread pork, shiitake and button mushrooms and capsicums onto skewers. Drizzle with 1 tbs vegetable oil then barbecue, turning occasionally, for 10 minutes, until pork is just firm to touch.
3. Brush asparagus with remaining oil. Barbecue asparagus, turning often, for 2-3 minutes or until just tender. Transfer asparagus to a serving plate and top with skewers then drizzle over the sauce.

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## Barbecued Swiss Brown Mushroom & Soba Noodle Salad

**2 tbs salt reduced soy sauce**  
**1/4 cup lime juice**  
**1/4 cup mirin**  
**1 tsp sugar**  
**1 1/2 tsp sesame oil**  
**3 1/2 tbs peanut oil**  
**24 Swiss brown button mushrooms, stems trimmed**  
**1 x 270g packet dried soba noodles\***  
**3 green onions (shallots), very finely sliced**  
**1/4 cup mint leaves, torn**  
**2 tbs toasted cashews, roughly chopped, to serve**

1. To make dressing, place soy sauce, lime juice, mirin, sugar sesame oil and 1 1/2 tbs peanut oil in a jar and shake to combine.
2. Preheat a lightly greased barbecue grill on medium-high heat. Sprinkle mushrooms with remaining oil, then barbecue for 4 minutes on each side, until golden. Set mushrooms aside to cool.
3. Cook soba noodles in a large saucepan of rapidly boiling salted water until just tender, then rinse under cold water to refresh. Cut cooked mushrooms in half. Toss noodles with mushrooms, green onions, mint and dressing. Serve sprinkled with cashews.

\*Soba noodles are made from buckwheat and are available from most supermarkets.



## Button Mushroom & Prawn Japanese Pancake

**200g button mushrooms,**  
**finely sliced**  
**100g shiitake mushrooms,**  
**finely sliced**  
**100g enoki mushrooms,**  
**trimmed, separated**  
**2 cups finely shredded**  
**Chinese cabbage**  
**200g green prawn meat,**  
**finely chopped**  
**1 1/2 cups self raising flour**  
**2 eggs, lightly beaten**  
**1 cup milk**  
**1/2 cup cold water**  
**Pinch salt**  
**1/4 tsp white pepper**  
**1/4 cup olive oil**  
**1/4 cup Japanese**  
**mayonnaise\***  
**2 tbs salt reduced soy sauce**  
**1/4 cup finely sliced green**  
**onions (shallots)**

1. Place mushrooms, cabbage and prawn meat in large bowl.
2. Sift flour over mushroom and cabbage mixture and toss gently to coat evenly with flour. Add eggs, milk and water, stir gently to combine. Season with salt and pepper.
3. Heat barbecue plate to medium-high and drizzle with 2 tbs oil. Scoop 1/4 cup measures of mushroom mixture onto the barbecue plate to form eight small pancakes. Barbecue for 2-3 minutes on each side until golden and cooked through. Transfer to a plate and keep warm. Repeat with remaining mixture.
4. To serve, top each pancake with a 1 tsp mayonnaise, drizzle with soy sauce and garnish with green onions.

\*Japanese mayonnaise is available from the Asian grocery section of supermarkets or Asian grocery stores.

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