

## **Chef's Corner**

*Two Mushroom Recipes from Cherie Soria!*

### **Stuffed Mushrooms with Pine Nuts and Herbs**

Yield: 6 servings

24 large mushrooms, cleaned and stemmed

#### *Marinade*

3 tablespoon olive oil  
1/2 tablespoon tamari  
1/2 tablespoon lemon juice

#### *Filling*

3/4 cup pine nuts, soaked 1-2 hours and drained  
1/4 cup minced parsley  
1 tablespoon light miso  
2 teaspoon minced fresh basil  
1 teaspoon garlic, pureed (optional)

1. In a 7 by 7-inch glass baking dish, combine the oils, tamari, and lemon juice, and whisk to blend. Add the mushrooms, and marinate for at least one hour.
2. In a medium bowl, combine the pine nuts, parsley, miso, basil, and the optional garlic, and stir well.
3. Leaving the mushrooms in the same dish of marinade, fill them with the paté mixture, then place them the dish in a dehydrator set at 115 degrees for 2 to 3 hours before serving. Serve warm or cool.
4. Store in an airtight container in the refrigerator for up to two days.

### **Mushroom Stroganoff**

Serving size: 6

1/2 cup dried porcini mushrooms  
1 1/4 cups water

#### *Marinated Crimini Mushrooms*

3 cups crimini mushrooms, sliced 1/8" thick  
2 tablespoons red onions, minced  
2 tablespoons olive oil  
1 1/2 teaspoon wheat-free tamari  
1/2 teaspoon garlic powder

#### *Zucchini Noodles*

12-16 medium zucchini, peeled (about 2 lbs)  
1 teaspoon crystal salt

#### *Cream Sauce*

1 cup reserved mushroom soaking water  
1 cup almonds, soaked for 8 to 12 hours  
2 cups reserved zucchini centers, chopped (see direction #3, below)  
2 tablespoons dark miso  
1 1/2 teaspoons shiitake powder  
1 teaspoon nutritional yeast  
1/2 teaspoon paprika  
1/2 teaspoon crystal salt  
1/4 teaspoon garlic powder  
1/8 teaspoon pepper, ground Fresh ground black pepper

## **Mushroom Stroganoff** (continued)

1. Soak the porcini mushrooms in water until soft, about 1 hour.
2. In a shallow bowl, whisk together the onions, olive oil, tamari, and garlic powder. Add the crimini mushrooms and toss until all the mushrooms are thoroughly coated. Set the mushrooms aside to marinate for 30 minutes.
3. Using a vegetable peeler, shave the peeled zucchini lengthwise, rotating the zucchini a few degrees each time, to form thin planks resembling wide egg noodles. Once you reach the seedy center of the zucchini, stop and reserve the core for the sauce. Sprinkle the "noodles" with salt. Gently toss and set aside for 30 minutes.
4. Drain the water from the porcini mushrooms and rough chop. Retain the mushroom soaking water to use in the recipe.
5. Put the almonds and the mushroom-soaking water in a blender and blend to form a smooth thick cream. Pour the cream into a mesh bag and gently squeeze the mixture to remove the pulp. Only the strained cream will be used. Refrigerate or freeze the pulp for another recipe.
6. Drain the liquid from the crimini mushrooms and put 1/3 of the mushrooms into a high powered blender, along with half the cream, all the soaked drained porcini mushrooms, the leftover chopped zucchini centers, the dark miso, shiitake powder, nutritional yeast, paprika, salt, garlic powder, and pepper, and blend until smooth and creamy. Add the remaining almond cream and pulse to blend. Do not continue blending the gravy once the remaining cream has been mixed in, or it will become frothy. It should just be mixed in.
7. Gently squeeze the zucchini to remove the salt and excess moisture. Towel dry the softened zucchini noodles so they are dry (otherwise the moisture will thin the sauce and it will not cling to the noodles). Toss the noodles into the cream sauce.
8. Put the mixture in a shallow rectangular glass baking dish approximately 8 1/2-inch by 13-inch (lasagna-type), top with remaining marinated crimini mushrooms, and place it in the dehydrator set at 135 degrees for 1 hour.
9. Serve warm from the dehydrator, topped with a sprinkle of fresh ground pepper.