



ROCKEE NEWS

April 2009

Happy Spring!

It's a beautiful, sunny spring day. I'm so glad to see warmer weather. I can hardly wait for the summer fruits and vegetables that will be abundant very soon. Roasted vegetables have more flavor and texture than boiled ones. Try spraying with a little olive oil and adding a touch of salt to just about any vegetable before throwing in a 425 degree oven. Let roast for 25-30 minutes and you've got a great side dish to any entrée. My favorites include green beans, beets, turnips, sweet potatoes, onions, and of course, mushrooms!

Easter is quickly approaching and creamed mushrooms are a staple in this area of the country, but have you thought about stuffing some mushrooms for an appetizer? Marinating some mushrooms a day or two before will save you time on the holiday and be a wonderful side dish.

And everyone these days wants to get the most for their dollar. Throwing out leftovers is like throwing out good money. You can make a casserole by layering leftover vegetables with cheese and bread crumbs or cracker crumbs. You can make a soup from leftover meat and vegetables by adding some chicken broth. You can stuff mushrooms with just about any combination of meat and cheese. Veggies and cheese also make a great stuffing. One of our customers stuffs portabellas with mashed potatoes, garlic and shredded cheese. Doesn't that sound good? How about turning some of your leftover vegetables into a puree that you can add to dishes like lasagna, spaghetti sauce, or stew? And one of my favorite things lately is to take leftover meat and veggies and make a stir-fry drizzled in honey teriyaki sauce...mmm!

Creamed Mushrooms—A Chester County Tradition

3 lbs. fresh mushrooms
1 stick butter
1 can (13oz.) evaporated milk
Flour & water thickening
Salt

Wash and slice mushrooms thinly. Put in heavy pan with butter and salt. Cover tightly. DO NOT ADD WATER. Cook until tender and covered in own juice. Add milk. Simmer a few minutes. Mix flour and water thickening until desired consistency.

American Mushroom Institute, Kennett Square, PA

Marinated Mushrooms

3 lbs fresh mushrooms, medium size
2 tsp fresh parsley, chopped
¾ tsp black pepper
¾ c white vinegar

1-2 cloves of garlic, pressed or mashed
1 onion, chopped fine
6 Tbsp oil
Salt

Put washed mushrooms in large pot, pouring in vinegar. Add salt and enough water to cover. Bring to a boil and cook 5 minutes. Drain. Combine other ingredients in a large bowl, then add mushrooms. Refrigerate for at least one hour, up to 3 days, before serving.

www.sherrockmush.com

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