



12033 Tecumseh Rd. E Unit#1 Windsor, ON N8N 1M1
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MUSHROOM RECIPES

Baked Mushrooms with Thyme

1 ½ tbl minced onion
½ tsp minced garlic
¼ tsp dried thyme
1 tbl olive oil (from 3rd phase)
Fresh mushrooms quartered
Salt and pepper to taste

Preparation:

1. Preheat oven to 375 degrees F
2. Whisk together the onion, garlic, thyme and olive oil in a large bowl. Add the mushrooms and toss to coat; season to taste with salt and pepper.
3. Transfer mushroom mixture into a small baking dish, cover, and bake for 35 minutes, stirring occasionally.



Shiitake mushrooms with lettuce

Mixed greens (Iceberg, head lettuce, arugula, spinach, dandelion etc)
Water, salt, balsamic vinegar
Fresh herbs (chives, basil, chervil, parsley)
Shiitake mushrooms
½ onions
Salt & pepper

Preparation:

1. Wash greens, mix arrange on a plate with vinegar, salt, water. Sprinkle with herbs. Finely chop onion, mix with mushrooms, add salt & pepper and cook in coated frying pan. Add to the salad and eat right away.
2. Serve with red pepper and tomato tossed in (fresh) or a side dish of red pepper and tomato (cooked).





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Cucumber and Dried Shiitake Mushroom Salad Recipe

- 1 small cucumber
- 1 teaspoon of sea salt
- 3 medium-sized dried shiitake mushrooms
- 2 teaspoons sesame seeds, roasted and crushed coarsely
- 2 teaspoon mirin wine
- 1/2 teaspoon of sweetener
- 2 to 3 drops of Japanese soy sauce

Preparation:

1. Peel cucumber and cut it in half, lengthwise. Then cut it into very thin, half-moon-shaped slices. Sprinkle with salt and mix well. Set aside for an hour. Rinse under cold water to wash off salt. Squeeze out as much liquid as possible.
2. Soak the mushrooms in 1/2 cup of boiling water for half an hour. Remove coarse stems and cut mushroom caps into 1/8-inch-wide slices. Combine cucumber, mushrooms, sesame seeds, vinegar, mirin, sweetener and soy sauce. Mix well. Serves 2.

Shiitake mushroom with salad

- 1 Portion Shiitake Mushrooms
- 1 Portion Vegetables (1 tbs cubed shallot, rocket salad, avocado, 1/2 tomato)
- Organic apple vinegar
- 75ml Vegetable Stock
- Salt, Pepper
- Thyme/ chive rolls

Preparation:

1. Clean Mushrooms with a paper towel or the edge of a knife, but don't wash. Depending on size cut into quarters or halves. Heat non-stick pan without any fat or oil, throw in mushrooms and place a lid on top to press them down flat.
2. Add shallot cubes and reduce. Add a little vinegar and add stock. Season with Thyme.
Steam for 6 minutes at medium heat.
3. Meanwhile wash rocket salad and sort. Cut avocado and tomato into cubes. Arrange on a plate.
4. Season mushrooms to taste with salt and pepper, place on the plate and sprinkle with chive.





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Tip: The lid is placed on the mushrooms so that they fry evenly on the whole surface. If not, they will simply simmer in their own juice and not turn brown.

Oyster/ Shiitake mushroom with ginger sauce

- 1 Portion Mushrooms
- 1 Spring Onion
- Fresh Ginger
- Tabasco
- 150ml Vegetable Stock
- Salt, Pepper
- 1 tsp. Curcuma
- 1 tbsp freshly chopped chives

Preparation:

1. Clean Mushrooms with a paper towel or the edge of a knife, but don't wash. Cut into slightly smaller pieces. Wash spring onion and slice into long pieces. Peel approx. 1cm ginger and chop.
2. Heat non-stick pan without oil or fat and fry lightly. Remove from pan and place aside.
3. Add Shiitake and ginger to pan and fry for about 5min. Season with salt, pepper and a splash of tabasco. Add Curcuma and pour vegetable stock over. Allow to boil and add spring onion. Sprinkle with chive rolls.



Oyster/ Shiitake mushroom soup

- 1 Portion Mushrooms
 - 1 Portion Vegetables (asparagus, leek)
 - 350ml Vegetable Stock
 - Salt, Pepper
 - 1 pinch of Nutmeg
 - freshly chopped parsley
1. Clean Mushrooms with a paper towel or the edge of a knife, but don't wash. Cut into thin slices.





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2. Wash asparagus, peel from the head down and cut off the blunt ends. Wash leek in streaming tap water. Chop asparagus and leek into small pieces.
3. Cook vegetables in pot of vegetable stock until soft. Add oyster mushrooms and simmer.
4. Add salt, pepper and nutmeg and sprinkle with parsley.

Tip: use cauliflower and broccoli instead of asparagus

Pumpkin soup with shiitake

Pumpkin
carrot
1 tbsp. chopped onions
fresh ginger,
1tsp curry powder,
250 ml vegetable stock
Portion shiitake mushrooms,
salt, pepper
2 tbsp lemon juice



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Preparation:

1. Peel the pumpkin, remove the seed and cut the pulp into small pieces.
Wash, peel and cut the carrot into cubes as well as the pumpkin.
2. Put the pumpkin, carrot, onion and ginger with 2 tbsp water in one pot and steam it for three minutes. Flavour it with curry powder and put the vegetable stock in. Cook it 20 minutes with medium heat.
3. Clean off the shiitake, remove the shafts and cut it in small pieces. Heat a pan without fat and heat the mushrooms for 2-4 minutes.
4. Mash the vegetable with the stock and cook it 5 more minutes at lower temperature.
Put the shiitake in the soup.

Spinach wild-rice soup

1 portion wild rice and mushrooms
1 portion vegetables (spinach, 1 tbs chopped onion)
1 garlic clove
fresh ginger
250ml vegetable stock
Salt, Tabasco
1 pinch of lemon grass powder



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Preparation:

1. Boil rice according to instructions, drain and set aside.
2. Clean mushrooms and cut into bite-size pieces. Sort spinach, wash and cut into large pieces. Peel garlic clove and ginger and chop finely.
3. Fry garlic, ginger and onion briefly in a non-stick pot. Pour vegetable stock over and allow to boil. Add spinach and mushrooms and simmer at low temperature for 5min.
4. Add rice. Season with salt, tabasco and lemon grass.