

eTwinning 2014-2015

“The world of mushroom”

2nd primary of Grevena Greece

44 partners from 16 countries

Recipes with mushrooms

'Pie' with potatoes and mushrooms

Description

Too easy and very tasty!



What we need:

- 1300 g. peeled potatoes and cut into cubes
- 500 g. Portobello mushrooms, sliced
- 8 green onions cut (along with some of their leaves)
- 2 tbsp unsalted butter
- 100 ml cream
- 2 eggs
- grated parmesan cheese
- nutmeg

- salt and pepper

How we do it:

1. Boil the potatoes in salted water for half an hour and strain. The melt with the tool of puree with 1 tablespoon butter, 50 ml cream, a little nutmeg, pepper and salt.
2. In a large pan, add the remaining butter and add the mushrooms along with the onions. Mix, add salt (not much) and bake until the liquid has evaporated.
3. We take a round form that opens 23 cm. Spread the puree around and mushrooms in the center.
4. Beat the eggs with the remaining cream, add salt, pepper and nutmeg and pour over mushrooms.
5. Sprinkle the entire surface (not just mushrooms) with cheese and bake in preheated oven at 200oC for 40 minutes.

Champignons baked



Description

White mushrooms that are found everywhere from folk up supermarket. Panostima, healthy and cancer.

What we need:

- 10-15 Champignons large

- Olive oil
- salt and pepper
- lemons
- oregano

How we do it:

1. Cut the mushrooms into slices vertically approximately 1/100. Sprinkle enough with olive oil, salt, pepper and let some time to water.
2. Bake in medium to high heat, not much.
3. Place them in a deep bowl, put olive oil salt again, pepper, lemon enough and in the end always oregano.

A few secrets yet

The recipe is from a lady cook who kept a tavern in Ierissos Chalkidiki. He came from the Chalkidiki Taxiarchis, where there every time they feast mushroom, so you understand why we are talking about.

For best results the mushrooms cooked after roasting.

Beware variety of mushroom. Not portobello, oyster ochii. Ask insisently to be fresh. If you have all the appearance is brown and withered avoid them.

Eaten hot.

Stuffed mushrooms fasting



Description

Although I am not fun of Deputies, as it is and what healthier we eat come times when you want "something" to nostimefteis, well bro! So they resort to surrogate solutions soy and vegetable fat, full on trans fatty acids ... Mushrooms baked So stuffed with cheese substitutes ..

What we need:

- 6 large portobello mushrooms
- 4 small champignon mushrooms (white, that is)
- 1/2 cup vegetable cream (soy)
- Deputy yellow cheese grated
- a little olive oil
- little nutmeg
- freshly ground pepper

How we do it:

1. Peel mushrooms (both large and small) and cut their stems.
2. In a pan put greaseproof paper and place large mushrooms.
3. Finely chop the stalks and the small mushrooms and sauté in a little olive oil (2 tablespoons is sufficient).
4. Then add the vegetable cream, deputy yellow grated cheese, pepper and nutmeg.
5. When beginning to blend the sauce remove from heat and fill the large mushrooms.
6. Bake at 200oC in resistors up and down for 20 minutes and another 10 minutes only to lower resistance.

A few secrets yet

In non-fasting periods with normal yellow cheese and cream light, it is still best natural ..

Wines mushrooms



Description

Stuffed mushrooms in 15 minutes.

What we need:

- 6 large mushrooms Porto Belo
- 6 slices of gouda
- 400 g. cheese or whatever else you like cheese
- 100 g. yoghurt
- 50 g. cream cheese
- 1 pepper Florina
- bacon or turkey if we
- 2 shots of white wine
- 2 cloves garlic
- oil
- salt and pepper
- oregano

How we do it:

1. Clean the mushrooms I take stalk the mince and put olive oil to burn the garlic.
2. Then hurl mushrooms (no stems), the I will be back 2-3 times and add the wine. Leave to dry!

3. Remove and put cut into small cubes pepper, stalk chopped bacon or turkey, oregano, salt, pepper and a little oil to brown in a casserole.
4. After I add the cheese-yogurt-cheese cream and mix.
5. I fill mushrooms cover with a slice of gouda and bake in the oven at resistance at 180 degrees until the cheese is melted and golden brown!

A few secrets yet

The wine I would say it is necessary gives a very nice flavor as the mushroom comes out of the oven juicy and tasty!

The filling is the tastes of everyone!

Mushrooms with onions



What we need:

- 30 - 40 Manny raki (if you want you can put more)
- 5 large onions
- 1/2 cup olive oil
- 3/4 cup dry white wine
- 1 small cup of water

- Salt and pepper

How we do it:

- 1) Cut the onions and mushrooms into strips our thicker.
- 2) Put half the oil to heat in a saucepan and pour our onions until softened slightly.
- 3) Once we add the mushrooms, half the wine, salt and pepper.
- 4) Then stir our food for five to six minutes and add the remaining oil, water and wine and let it cook well.
- 5) Beware not miss fluids. If you pull the juices of the then very likely to bust (must be a little broth) so adding even a little wine. Served with mashed potatoes or rice.

A few secrets yet

We must make sure our food have always a little juice.

Mushroom soup



Ingredients for 25 people

2kg mushroom

1 kg potatoes

500 gr. Carrot

1 bunch of parsley

½ celery root

1 bunch spring onions

2 cloves garlic

2 bay leaves

Salt and pepper

lemon juice

Olive oil 1 pound

performance

Saute the garlic with the onion in olive oil. Add the mushrooms. The quench with lemon juice or white wine. Then add the potatoes, carrots, other vegetables, salt, pepper, make hot water and boil for about an hour. In the end, just boil the tie with cornstarch or flour.