

Give mushrooms a chance

Who doesn't like mushrooms? Okay, I know some of you don't like mushrooms—but have you given them a really good chance? Mushrooms are just one of those great ingredients, like onions and peppers that you can do so much with.

Obviously, raw, on your veggie platter is one option. Stuffed (as per today's recipe is another option). And there are many different recipes for the stuffing— this is only one! Sautéed— until they are golden brown and caramelized; eat them on their own or use them to top a steak or burger. Grill them whole with just a drizzle of olive oil and coarse salt. Chop them up and put them in your pasta sauce, omelette, frittata, seafood casserole, spinach salad, chicken pot pie, soup, need I go on?

There are several varieties readily available from the major grocery stores these days. You can usually find white, cremini, portobello, shitake and oyster mushrooms all fresh. You can also usually get a couple of kinds of wild mushrooms in the dried form— most often lobster, chanterelles or a mixed package.

All fresh mushrooms should be purchased when they are firm and of solid colour. Do not buy them if they are spotted, slimy or shrunken looking. Purchase and store them in a paper, not plastic bag. Before using, cut off the bottom of the stem, then clean them off with a damp cloth or a mushroom brush. I tend to be a bit lazy and I do rinse them quickly (and I mean quickly!) under a bit of cold water— but do not soak them in a sink full of water. They will absorb lots of water and

Lori Gysel & Gerry Kentner



will turn mushy when you start to cook them.

If you are using dried mushrooms, you can reconstitute them by soaking or simmering. Once they are reconstituted, don't throw out the soaking liquid. It can provide a lot of flavour to your dish— just strain it through a piece of cheesecloth before adding to your sauce, soup or stew. Dried mushrooms can also be pulverized and used

to flavour soups, sauces and stews. They can also be used in this form as a crust for meats— like beef tenderloin with a wild mushroom crust.

If you are interested in observing mushrooms in the wild, here in Ontario, you couldn't have picked a better year. It has been so wet this year that wild mushrooms are springing up everywhere. We were recently camping in Algonquin and we saw more varieties than ever before. However, you must know that many varieties are poisonous. Some cause more damage than others but it can be very serious. Many cases of mushroom poisoning occur in folks with great intentions, but wrong information and they eat look-alike mushrooms that they thought were safe, but aren't.

So by all means, take a stroll in the wild to check them out and look at the beautiful colours (we saw some gorgeous red, orange and yellow ones) but save the eating for the ones you buy at the grocery store!

Have fun and keep cooking!

Lori and Gerry can be reached at whatscookin@independentfreepress.com

Stuffed Mushroom Caps

Makes 8-10 mushrooms
Ingredients

- 8-10 mushrooms
- 2 tbsp butter
- 1 tbsp olive oil
- 1 small-medium onion, minced fine
- 1-2 cloves garlic, minced fine
- 1/4 cup frozen, chopped spinach (thawed and well-drained)
- 1 cup fresh bread crumbs
- 1/2 cup grated cheese (Gruyere, Emmenthal, Swiss or Jarlsberg)
- salt and pepper
- 1 egg, slightly beaten

Method

Wipe clean the mushrooms. Pop the mushroom stems out and chop them fine.

In a large non-stick pan, melt butter and olive oil. Sauté chopped mushrooms stems and onions until translucent, soft and no liquid is left in pan.

Add chopped garlic and cook for 1 more minute. Remove from heat.

Add spinach, bread-crumbs, grated cheese, salt, pepper and egg. Mix well.

Press filling mixture into mushroom caps. Pack the filling in tightly and fill until over-full.

Bake mushroom caps at 400 degrees for 10-15 minutes until golden brown or grill on barbecue.



SERVICE DIRECTORY

AIR DUCTS/CARPETS

Minimal Costs for the Safety of Your House

Eliminates **95%** of filthiness, pollen & bacteria in your air

- Allergy Relief • Less Dust
- Reduce Energy Use

TRUCK MOUNTED SELF CONTAINED UNIT

Efficient Emergency 24 Hours Service

905-877-2320

AIR CONDITIONING

North Halton Heating
Climate for your comfort

Air Conditioning	416-768-5580	Sales
Heating		Service
Water Heaters	905-877-8997	Installation
Humidifiers...		

www.northhaltonheating.ca

AIR CONDITIONING

Ren's BURNER SERVICE LTD.

Prevent Breakdowns

A/C TUNE-UP

CALL TODAY
519-853-2748
1-800-358-9131

\$119.95 + GST

Increase Efficiency

APPLIANCES

BULLDOG APPLIANCES

We Sell **NEW and USED APPLIANCES** Plus **PARTS & SERVICE**

Showroom located at **55 Sinclair Ave., Unit 2 Georgetown**

Call 905-702-1182

APPLIANCES

WIGO FIRST CLASS APPLIANCE SERVICE

Fully Certified Technicians
Repairs to Fridges, Stoves, Washers, Dryers & Freezers

IN HOME REPAIRS - TRULY HONEST, FAST & RELIABLE SERVICE

24 Hours • 7 Days A Week

Senior's Discounts
Mr. Gallant

(905) 877-3376

(905) 874-1930

Mention This Ad For 10% OFF

BASEMENT/WATERPROOF

CROWNSEAL INC.
BASEMENT WATERPROOFING

INDOOR OR OUTDOOR BASEMENT WATERPROOFING

Call for a **FREE Estimate**
25 Year Written Guarantee

TEL: (905) 564-3575

NORVAL, ONTARIO

CUSTOM SUMP PUMP INSTALLATIONS

Member of the **HALTON HILLS Chamber of Commerce**

BASEMENT

GORD'S BASEMENT WATERPROOFING LTD.
27 YEARS EXPERIENCE

SERVING HALTON, PEEL & SURROUNDING AREA

25 YEAR GUARANTEE

We will match any written estimate!
MEMBER OF THE **BBB**

24 hr, 7 days a week
905-454-3141

BLINDS, SHADES, SHUTTERS

TOWNE & COUNTRY WINDOW COVERINGS
~ BLINDS ~ SHADES ~ SHUTTERS
Convenient In-home Consultations
Shop At Home Service

"SUMMER SPECIAL" FREE FRAMES on Shutter Orders

905-873-0165

QUALITY PRODUCTS • FAIR PRICES

CARPET CLEANING

CKC Complete Karpet Care
Carpet & Upholstery Specialist

TRUCK MOUNT STEAM CLEANING

- FREE DEODORIZING & DISINFECTING
- 2 man crew with 20 years experience

Call The Professionals
905-873-1671

CARPENTRY

STOYLES CARPENTRY

RENOVATIONS BASEMENTS
SUN DECKS DRYWALL
KITCHENS BATHROOMS

905-877-3950

Satisfying customers in the Halton area for over 20 years!

CARPENTRY

Viveiros CARPENTRY SOLUTIONS

WE CAN CREATE YOUR DREAM!
Call Us Today for a Free Estimate

416-937-1297
vivcarpentry@gmail.com

PROUDLY SERVING GEORGETOWN AND SURROUNDING AREA

CERAMIC TILE

Dave LoDuca
Ceramic Tile Installation

Back Splashes • Heated Flooring
Bathroom Renovations

416-989-7809
905-877-1936
FREE ESTIMATES

COMPUTER SERVICES

www.texobiz.com/pcdoctor

Computer Help Line
The PC Doctor

Faan Kuypers
(519) 853-9976
Cell: (416) 731-4123

CONCRETE

T.J. CONCRETE CONSTRUCTION

FLOORS • SIDEWALKS • POOL DECKS
• DRIVEWAYS • STEPS • CURBS • PATIOS
• CAPPING REPAIRS • FOUNDATION REPAIRS
• STAMPED CONCRETE

CALL FOR YOUR FREE ESTIMATE

Call (519) **853-0540**
Serving Halton & Area