

## Indian Style sautéed oyster mushroom

These are a couple of recipes from my colleague Ramesh who has an exotic mushroom farm in the Himalayas.



Oyster mushroom: 250 Grams  
Olive oil/butter: 2 tablespoons  
Onion: 1 medium size chopped  
Oregano: 1 teaspoon  
Green chilly: 2 chopped  
Cumin seeds: 1 teaspoon  
Coriander powder: 1 teaspoon  
Ginger garlic paste(1:1) : 1 tea spoon  
Turmeric powder: a pinch  
Chopped green coriander: 1 Tablespoon  
Salt to taste

Method For Indian Style Sautéed Oyster Mushroom :

1. In a bowl take one teaspoon olive oil, add coriander powder, salt, turmeric, chilly, oregano and oyster mushroom and mix well. Put aside for 10 minutes.
2. Heat a cast iron wok or pan (you can use other pans if you don't have one) add remaining oil/ butter to it, then hot add cumin seeds until they changes colour slightly,
3. Now add chopped onions, sauté them, add ginger garlic paste and stir, add the mushroom mixture and cook until the water evaporates and mushrooms are cooked.
4. Serve hot, garnish with chopped green coriander. Can be served with breads/ roti or chapatis

## Indian Matar Mushroom Rice



Oyster mushroom: 200 g      Turmeric powder: 1/2 tsp  
Green peas (boiled) : 50 g      Coriander powder: 1 tbsp  
Onion 2 medium chopped      Red chilli powder; 1/2 tsp  
Tomato 2 medium chopped      Salt to taste  
Ginger garlic paste 1 tsp      Garnish: chopped coriander leaves,  
Oil 1/2 tbsp      Butter 2-3 dices, cream 1 tsp.  
Cumin seed: 1 tsp

1. Heat oil in a pan and add cumin seed
2. As soon as it crackles add onion and sauté until the colour becomes golden.
3. Add tomato and mix well, cook until the tomato is tender, mash to form a paste.
4. Add the powder spices(turmeric, coriander, chilli powder) and salt add a little bit of water to avoid burning.
5. When the puree is ready and hot add mushrooms and mix well keep stirring for 2 minutes.
6. Now add boiled peas and cook for another 2 minutes. check for consistency. it should not be too runny.
7. Garnish with chopped coriander leaves and drops of cream and butter. serve hot with flat bread or rice.



Natural  
Wight  
Mushrooms