



AROUND THE WORLD

WITH

Giorgio[®]

America's Favorite Mushroom

DID YOU KNOW THAT MUSHROOMS
ARE THE ONLY SOURCE OF
VITAMIN D

Just 5 UV-light exposed mushrooms (90g)
contain more than a full day's recommended
allowance (118%) of Vitamin D.



UMAMI

IS JAPANESE FOR “A PLEASANT
SAVORY TASTE,” AND THAT’S EXACTLY
WHAT MUSHROOMS DELIVER.

Add finely chopped mushrooms to ground
meat to enhance overall flavor while
reducing sodium intake by 25%.



SELENIUM

PLAYS A ROLE IN PREVENTING
CELL DAMAGE, WHICH IS IMPORTANT
FOR SUPPORTING A
HEALTHY IMMUNE SYSTEM.

Add criminis! 4 brown mushrooms are an
excellent source (38% RDA) of selenium.



VITAMIN B6

HELPS CONVERT FOOD
INTO USABLE ENERGY!

Just 4 whole shiitake mushrooms are
a great source (13% RDA) of B6.





MEXICO

AL PASTOR MUSHROOM TACOS

WHAT YOU NEED

Marinade:

- 1 lb portabella mushrooms
- 2 tsp achiote powder
- 1 tsp cumin
- 1 tsp oregano
- 1 tsp garlic powder
- ½ tsp chili powder
- ½ tsp salt
- ½ tsp sugar
- ¼ cup orange juice
- ¼ cup pineapple juice
- 1 lime, juiced
- 1 Tbsp olive oil

Additional Ingredients:

- small street style white corn tortillas
- 1 cup of fresh pineapple slices
- 1 mixed cup of chopped cilantro and diced sweet yellow onion
- 2 limes, sliced for serving
- salsa

WHAT YOU DO

Clean portabella mushrooms and pat dry. Slice into strips (medium thickness). In a large bowl, mix the mushrooms with the marinade ingredients. In a large skillet over medium-high heat, add olive oil and sauté mushrooms until cooked through. Set aside.

Char pineapple slices in another skillet or keep raw.
Warm tortillas in a separate skillet.

Assemble tacos in tortilla add cooked mushrooms, sprinkle cilantro and onions, top with pineapple and serve with fresh lime wedges and salsa.



MOROCCO

SPICY MOROCCAN MUSHROOM MEATBALLS WITH HARRISA AIOLI

WHAT YOU NEED

- 1 cup (packed) light brown sugar
- 1 lb button mushrooms, finely minced, sauteed and cooled
- 1 lb ground meat (turkey, chicken, pork or beef)
- ½ cup bread crumbs
- 1 egg, large
- 1 tsp kosher salt
- ½ tsp black pepper, freshly ground
- 1 tsp cumin, ground
- 1 tsp ground coriander
- 1 pinch red pepper flakes
- 2 tsp Harissa paste
- 2 tsp lemon zest
- 1 cup olive oil for frying
- 1 cup vegetable oil for frying

Spicy Harissa Aioli:

- 4 eggs yolk
- ¾ cups vegetable oil
- ¾ cups extra virgin olive oil
- 4 large cloves garlic, peeled and pureed
- 1 Tbsp Harissa paste
- kosher salt to taste

WHAT YOU DO

Meatballs

Place the mushroom and meat mixture in a large mixing bowl. Add the bread crumbs, egg, salt, pepper, spices and lemon zest. Mix gently to combine. Check to make sure the mixture will hold together. Take about ¼ cup of the mixture and shape it into a patty a little wider than it is thick. If it falls apart, add a tablespoon or two more of the bread crumbs. Shape the mixture into balls about the size of a walnut and put them on a plate. Chill them at least for 30 mins before frying.

When the meatballs are chilled, pour enough oil in a heavy frying pan to come to a depth about ½ inch. Heat the oil on low heat, until the surface begins to ripple and look hazy. The temperature of the oil should be 350 degrees. When finished, remove from the oil with a slotted spoon and drain on paper towels and serve with dipping sauce.

Spicy Harissa Aioli

In the bowl of a food processor, add egg yolks, pureed garlic and Harissa paste. Place the top of the bowl and turn on the machine and slowly drizzle in oils. Once the oil is added, stop the machine and check for consistency. If too thick, you can whisk in a little water too thin as needed. Add the salt and taste for flavor.



**COOK
TIME:
15 MINS**



CANADA

FINGERLING POTATO & MUSHROOM POUTINE

WHAT YOU NEED

1 Tbsp olive oil plus extra for potatoes
8 oz sliced white button mushrooms
1 Tbsp unsalted butter
2 Tbsp all-purpose flour
1 cup chicken or vegetable stock
 $\frac{1}{2}$ tsp ground black pepper, or to taste
 $\frac{1}{4}$ tsp fine sea salt, or to taste,
plus extra for potatoes
1½ lbs yellow fingerling potatoes,
steamed until tender
4 oz cheese curds
Sliced scallions for garnish

COOK
TIME:
15 MINS



WHAT YOU DO

Heat 1 Tbsp of olive oil in a large skillet over medium-high heat. Add the mushrooms. Cook until they just begin to darken around the edges, about 4 mins. Reduce the heat to low. Push all of the mushrooms to one side of the skillet. Add the butter and swirl it around the pan to melt.

Once melted, add the flour and whisk vigorously in the pan until a crumbly paste forms. Continue to whisk as you add the chicken stock, a little at a time. Whisk well to ensure all clumps dissolve into the gravy and begin to work the mushrooms into the gravy as you stir. Increase the heat to medium-low. Let sit and simmer for about 1 min, until the gravy thickens. Stir in the black pepper and salt.

Add the warm potatoes to a bowl and drizzle with a small amount of olive oil. Sprinkle with a small amount of salt, just to barely season them. Transfer them to a serving platter. Cover with the mushroom gravy and top with cheese curds. Sprinkle with scallions before serving.

GREECE

GRILLED PORTABELLA GYROS WITH YOGURT DILL SAUCE

COOK
TIME:
20 MINS



WHAT YOU NEED

- 4 portabella mushrooms
- 2 yellow bell peppers, sliced
- 1 Tbsp extra-virgin olive oil
- ½ tsp dried oregano
- ¼ tsp smoked paprika
- 4 pita breads or naan
- 2 tomatoes, thinly sliced
- ½ red onion, thinly sliced
- ½ head green lettuce
- Crumbled feta cheese, optional

For the Yogurt Dill Sauce:

- 1 English cucumber, grated
- 1 cup whole milk Greek yogurt
- ½ cup sour cream
- 2 Tbsp extra-virgin olive oil
- Juice from ½ small lemon
- 2 cloves garlic, minced
- 1 tsp salt
- 1 Tbsp minced fresh dill

WHAT YOU DO

Remove the stems from the mushrooms and brush caps with a wet towel. Carefully scrape out the gills with a spoon. Slice mushroom into ¼-inch pieces and place in a medium bowl along with the olive oil, oregano and smoked paprika.

Preheat an indoor grill pan over medium-high heat. Add mushrooms and peppers and grill, tossing occasionally, until tender, 5-7 mins.

To make the Yogurt Dill Sauce, squeeze the grated cucumber in a clean towel to remove excess liquid. Add to a large bowl with yogurt, sour cream, olive oil, lemon, garlic, salt and dill. Stir to combine.

To serve, place mushrooms and peppers in the middle of the pita bread. Top with tomatoes, onion, lettuce, feta (optional), and a big dollop of yogurt sauce.





FRANCE

COQ AU VIN BLANC

WHAT YOU NEED

- 8 strips of bacon, chopped
- 2 each bone-in split chicken breasts, drumsticks and wings
- 20 cipolini onions, peeled
- 5 carrots, cut into 1" chunks
- 5 stalks of celery, cut into 1" chunks
- 1 pint baby bellas
- 1 pint button mushrooms
- 25 sprigs of fresh thyme
- 1 small bunch of fresh parsley
- 2 bay leaves
- 5 heaping Tbsp all-purpose flour
- 1 bottle pinot grigio
- 4 cups chicken stock
- Kosher salt and fresh cracked pepper, to taste

**COOK
TIME: 1 HR
45 MINS**

WHAT YOU DO

Preheat the oven to 375°F. In a large dutch oven pot on high heat add bacon and cook until crispy and the fat is rendered. Once the bacon is brown and crisp, remove from the pan and set aside.

Season the chicken on all sides with salt and pepper and cook on high in the dutch oven pot with the rendered bacon fat on all sides until golden brown.

Remove the chicken and set aside.

Add in the onions, celery, carrots and mushrooms and roast on high heat for 6-8 mins or until lightly browned. Season the vegetables with salt and pepper and add in the herbs and flour. Mix until combined.

Pour in the wine and chicken stock and bring the mixture to a boil. Season with salt and pepper. Add the chicken and bacon back into the pot, cover with lid and cook in the oven for 90 mins at 375°F. Serve hot.



ITALY

TAGLIATELLE PASTA WITH A LIGHT MUSHROOM SAUCE

WHAT YOU NEED

1 package of tagliatelle pasta (serves 4)
3 Tbsp olive oil
1 medium shallot, finely minced
2 garlic cloves, finely minced
12 crimini mushrooms
12 white mushrooms
12 small shiitake mushrooms
1 Tbsp fresh thyme or 1 tsp dried thyme
1 tsp (more or less depending on heat) chili pepper flakes
16 oz jar marinated artichoke hearts, roughly chopped – optional
kosher salt and black pepper
to taste asiago cheese

WHAT YOU DO

Thinly slice the mushrooms and set aside. In a large frying pan over medium-low, heat the olive oil, then add the shallots and garlic. Cook until soft, about 3 mins. Add the mushrooms, stir and cook over medium-low until caramelized and soft. This step will take about 6-10 mins depending on the heat of your stove. Stir in the thyme and chili flakes, then remove from the heat.

Cook the pasta according to package directions. Drain the pasta, then immediately toss with the mushrooms and a drizzle of olive oil. The heat of the pasta and the moisture on left from draining will heat the mushrooms. At this point if you are using the artichoke hearts stir them in. Season to taste with salt and pepper. Grate cheese over the top.



**COOK
TIME:
15 MINS**



MIDDLE EAST

BLENDED MUSHROOM & BISON SHAWARMA BOWLS

WHAT YOU NEED

1 cup canned chickpeas, rinsed and drained
1½ tsp fine sea salt
½ tsp smoked paprika
8 oz crimini mushrooms
2 oz shiitake mushrooms
2 Tbsp extra virgin olive oil
⅓ lb ground bison
1 tsp cumin
½ tsp ground black pepper
½ tsp coriander
¼ tsp garlic powder
¼ tsp turmeric
¼ tsp cayenne pepper (optional)
Pinch ground cinnamon
Pinch ground clove
¾ cup dry white or red bulgur, cooked according to package directions
2 medium tomatoes, sliced
½ cup thinly sliced red onion
1 Persian cucumber, sliced (about 5 inches long)
½ cup black olives, halved

Yogurt Tahini Sauce:

½ cup plain whole milk
Greek yogurt
2 Tbsp tahini (no salt added)
1 Tbsp fresh lemon juice
1 Tbsp chopped fresh dill
1 tsp hot sauce
¼ tsp fine sea salt
¼ tsp garlic powder

WHAT YOU DO

Toss the chickpeas with ¼ tsp salt and ¼ tsp of smoked paprika. Heat a medium skillet over medium-high. Add the chickpeas to the dry skillet, cook, tossing or stirring often for 3-4 mins, until the edges of chickpeas show signs of browning. Set aside.

Add the crimini mushrooms and shiitake mushrooms to a food processor. Pulse in 10 sec intervals until all the mushrooms are finely chopped into similar sized pieces. Heat the olive oil in a large skillet over medium-high. Add the mushrooms.

Cook for 2 mins as they turn from redish-brown to a dull light brown. Add the bison and stir well to break it up as it cooks. Cook for about 6 more mins. Browning will deepen and no signs of pink should remain. Reduce the heat to low. Stir in 1 tsp of salt, ¼ tsp of black pepper, cumin, coriander, garlic powder, turmeric, cayenne, cinnamon, and clove. Cook for one more minute. Remove from the heat.

Stir the remaining ¼ tsp of salt and black pepper into the bulgur. Divide the bulgur into 4 bowls. Top each with an equal amount of blended mushrooms and bison. Then add an equal amount of chickpeas. Divide the tomatoes, red onion, cucumber slices, and olives among the four bowls.

Make the sauce by stirring together the yogurt and tahini in a medium bowl. Next, stir in the remaining ingredients. Add a spoonful of the sauce to each bowl and serve.



**COOK
TIME:
20 MINS**

