

• Preparing Portabella Mushrooms • & Culinary Tips

These plump portabellas are great for pizza stuffed portabellas, meatless burgers (with more flavor), and even on a Philly Cheese Hoagie! We specially curated five recipes utilizing the whole portabella cap, along with three recipes that extend your budget by utilizing the portabella stems and/or sliced mushrooms (great for caps that are too small and don't make the cut for burgers!). Portabella mushrooms fit into every cuisine and trend in child nutrition.

Here's the Portable Portabella Recipe lineup:



All-American
Burger



Italian
Burger



Mediterranean
Burger



Pizza
Burger



Portable Fajitas
(also in a spicy version)



Portable Philly
Sub



Portable
Pizza



Western
Burger

Portabellas & Your Pantry

These 8 concepts are built to use the full case of portabellas, along with your regular pantry items, to create entrees that appeal to your students. Any of the flavors can be altered to highlight the popularity of their favorite burger flavors, cheeses, toppings, and sauces. **Create your own student favorite Portable Portabella Burger! Share the recipe with us by tagging us on Facebook (@MushroomsinSchools) and Twitter (@MushroomsinSchools) or emailing your recipe photo to us at SchoolMeals@mushroomcouncil.org.**

When preparing the portabella mushroom for the recipes:

1. If you purchased mushrooms with the roots attached:
 - A. Slice any compost (aka the root) from the ends of the portabellas and discard.
 - B. Cut the stems off using a paring knife and set aside (need recipes to use the stems? See our “Pro Tip” or [click here](#)). When you take the tip of the paring knife to the bottom of the stem, the stem pops right out.
2. Wipe the caps off using a damp paper towel and if necessary, rinse lightly under cold water.
3. Spray the caps lightly with pan spray.
4. Sprinkle each cap with a salt free seasoning mix, such as Grilling Steak Seasoning, Italian Seasoning, or Fajita Seasoning. All you need is 1/4 teaspoon per cap.

Pro Tip: Portabella stems can be chopped up and added to the stuffing for the mushrooms, sliced or diced and added to stir-fries, soups, and sauces, on salads or pizza. It provides a big bite of umami from a little portion of the portabellas.

To Soak or Not?

Do not soak mushrooms in water as that truly washes away their flavor and texture (they are sponges and will get spongy instead of savory).

A Note About the Gills

If you flip a mushroom cap over (on the stem side), you’ll see its gills. We did not clean the gills, nor do we recommend it. Many recipes say they turn the dish muddy in color, but we think they also hold in moisture and flavor. Since these mushrooms are being stuffed or wrapped, they do not muddy any of these concepts. Besides, it takes time and decreases your yield unnecessarily.

Cooking Instructions

Once the fresh portabella mushrooms are prepared, spray each with pan spray and sprinkle with a salt-free seasoning mix (1/4 teaspoon per serving), here are the seasoning mixes we recommend:

- For the burgers - Grilling Steak Seasoning
- For the pizza - Italian Seasoning
- For the fajitas/tacos - Fajita Seasoning

All of the recipes in this toolkit were completed in a convection oven set at 400°F for 15 minutes. If you have a conventional oven, set the oven at 425°F and bake for 15 minutes.

Pro Tip: Roast the portabella caps upright (gills up) and do not flip during the cooking as this causes flavor and moisture to swell in just the center part of the cap.

After roasting the portabellas, we stuffed them and wrapped them for service. Hold each portabella mushroom at 140°F to melt the cheeses and blend the flavors. Unlike burgers which toughen up during holding times, portabella mushrooms will soften up.

Pro Tip: Place the cheese on the bottom of the bun or wrap and on top to distribute cheese evenly.

