



mushroom
Recipe Book

 **MANEGROW**

Healthy India ka choice

Manegrow A concerned organisation

An intelligent mind is always restless to grow; grow beyond its capabilities, acquire new skills and explore new horizons. Manegrow Agro Products is the fruit of a restless mind, wishing to explore and expand into the hyper-competitive world of Food processing.

A brainchild of Mr Umesh Mane, a person who has a unique blend of intelligence and experience. With his innate ability to look beyond the obvious, Manegrow was his vision to harvest and develop a supply chain for health foods and products. Manegrow has ventured into the exciting world of mushroom harvesting. Manegrow Agro Products assures consistent quality, texture and nutritional ingredients. Spread over an area of 36 acres, Manegrow is an ultra-modern infrastructure setup dedicated to harvesting high-quality mushrooms. A mushroom farm which can set a new standard in mushroom production, with state of the art quality labs, inspection protocols and quality check systems.

At Manegrow, we have imbibed the importance of quality and responsibility in our professionals. We consider customer-centricity, intelligent and proactive thinking as a virtue, and have invested in nurturing the same in our employees. At Manegrow, we believe a fit person makes for a strong country, therefore in a way we are securing the future of the human capital.

Manegrow

Assuring healthy food alternatives Manegrow a state of the art facility, ultra-hygienic facility spread over 36 acres dedicated to the production of good quality Mushrooms. Situated in a serene environment close to Pavana river, with equipment and amenities assuring high and a production process which can be considered as a baseline in high-quality mushroom production Manegrow is poised to deliver mushrooms which can be trusted for their quality and consistency.

The result of the determination, effort and focus toward providing superior quality fresh food products and ingredients for a healthy life.

The 'Mushroom' story

In the past two decades, the popularity of Mushroom as a 'Functional' food has grown exponentially. Mushrooms are fat-free, low-energy-dense-foods and low in sodium. They also act as antioxidants due to the naturally occurring vitamin D, B, ergothioneine and selenium. Mushroom requires small amounts of water, electricity and land to grow, also with an extremely low carbon footprint, they are considered to be one of the most ecologically sustainable food products.

Mushrooms are a health food option for young busy professionals.



KADAI MUSHROOM



INGREDIENTS

500 gms Magic mushrooms	2 tsp Ginger chopped
100 gms Capsicum	4 Tomatoes chopped
2 tsp Coriander seeds	2 tbsp Fresh coriander chopped
5 Whole red chillies	3 tbsp Ghee
3/4 tsp. Kasoori Methi (dry fenugreek leaves)	Salt to taste
2 Green chillies, chopped	FOR THE PASTE : 6 cloves garlic mixed with a little water

METHOD

1. Slice the mushrooms and capsicum into thin long Strips. onions on a very high flame for 1 minute.
 2. Pound the coriander and red chillies together.
 3. Heat the ghee, add garlic paste and cook on slow flame for a few seconds.
 4. Add the capsicum and pounded spices and cook on slow flame for 30 seconds.
 5. Add the green chillies and ginger and fry again for few seconds.
 6. Add tomatoes and cook until the ghee comes on top.
 7. Add the kasoori methi and salt and fry again for few secs.
 8. Finally add the mushrooms and cook till tender.
- * Sprinkle coriander on top and serve hot with Naan or Parathas.

PREPARATION TIME	:	30 minutes
COOKING TIME	:	20 minutes
NO OF SERVINGS	:	6

MIXED VEGETABLE PARATHAS



INGREDIENTS

FOR THE STUFFING :

2. teacups finely chopped mixed vegetables (Magic Mushrooms, french beans, carrots, cauliflower, green peas) .

3 to 4 finely chopped spring onions , 1 small boiled potato
2 tbs chopped coriander
2 chopped green chillies
pinch ajinomoto

1 tsp chili powder

1 tsp oil

salt to taste

FOR THE DOUGH

1 teacup plain flour

1 teacup whole wheat flour

2 tsp oil

1/2 tsp salt

FOR COOKING : Ghee a

FOR THE STUFFING

1. Heat oil and fry the mixed vegetables and spring onion on a very high flame for 1 minute.
2. Add the ajinomoto powder and further cook for 3-4 minutes.
3. Add the potato, coriander, green chilli, chilli powder and salt, mixwell.

FOR THE DOUGH

1. Mix all the ingredients and add water and make a soft dough.
2. Divide the dough into 10 to 12 portions. Roil out thinly.

HOW TO PREPARE

1. Put 1 tablespoon of the stuffing in the centre of each dough round. Make an envelope by folding all the sides over the vegetables. Cook on a tava (griddle) with ghee until brown on both sides, repeat for the remaining rounds of stuffing.

PREPARATION TIME

:

20 minutes

COOKING TIME

:

20 minutes

NO OF SERVINGS

:

10-12 Parathas

MUSHROOM PULAO



INGREDIENTS

225 gms Magic mushrooms	2 cinnamon sticks (1"pc)
1 medium onion finely chopped	8 black peppercorns
2 cloves garlic, chopped	450 gms Basmati rice
1/2 tsp grated fresh ginger	50 gms flaked almonds and
2 bay leaves	Cashews lightly fried, to garnish
4 cloves	Salt to taste
1 brown cardamom	Ghee as necessary

METHOD

1. Heat 1 tbsp ghee in a frying pan and fry the mushrooms for 1 min. over moderate heat. Add 2/3 cup water, salt to taste, and cook for 5 mins.
2. In a deep saucepan, heat 2 tablespoons ghee and fry the onions, garlic and ginger, together with the bay leaves, cloves, cardamom, cinnamon and peppercorns, until golden. Stir in the rice and 2 1/2 cups water with salt to taste. Bring to boil and simmer until the rice is almost cooked. Add the mushrooms, cover and cook until the water is absorbed. Garnish with the fried nuts and serve hot.

PREPARATION TIME	:	15 minutes
COOKING TIME	:	30 minutes
NO OF SERVINGS	:	4

CREAMY MUSHROOMS



INGREDIENTS

400 gms Magic Mushrooms
1 tbsp chopped onions
4 tsp fresh cream
1/2 tsp mixed herbs or 1 tbsp

chopped parsley
1 tsp butter
a pinch of salt
a pinch of pepper

METHOD

1. Wash the mushrooms
2. Heat the butter and fry the onions for 1/2 min.
3. Add the mushrooms and fry for a further 1 min.
4. Add the cream, herbs, salt and pepper and mix well.

*Serve hot with toothpicks.

PREPARATION TIME : 10 minutes

COOKING TIME : 10 minutes

NO OF SERVINGS : 10-12

MUSHROOM MEDLEY



INGREDIENTS

3 teacups mixed boiled vegetables (Magic Mushrooms, French beans, carrots, potatoes, green peas)	4 green chillies finely chopped
2 onions chopped	1 tbsp chopped coriander
3 spring onions with leaves chopped	1/2 teacup tomato ketchup
2 tomatoes chopped	1 tsp. chilli powder
	1 tsp. sugar (apx.)
	3 tbsp butter Salt to taste

METHOD

1. Heat the butter on a slow flame and fry the plain onions till golden brown.
2. Add the tomatoes, chillies, ginger and coriander and fry for at least 2 mins.
3. Add the tomato ketchup, boiled vegetables, spring onions, chilli powder, sugar, salt and a little water and cook for 10-15 mins.
*Serve hot surrounded by potato wafers.

PREPARATION TIME	:	25 minutes
COOKING TIME	:	20 minutes
NO OF SERVINGS	:	6-8

MUSHROOM AUR HARE CHANE KA CHAAT



INGREDIENTS

500 gms Magic Mushrooms	chopped
2 teacups boiled hare chane (green gram)	2 tbsp. chaat masala
25 mm piece ginger chopped	juice of 1 lemon
5-6 green chillies, finely	5-6 tbsp. of oil
	salt to taste

METHOD

1. Cut the mushrooms into big pieces.
2. Fry the mushroom pieces in a shallow frying pan, adding little oil at a time till slightly brown in colour.
3. Remove mushrooms and keep aside.
4. Add 2 tbsp. of oil to the pan and heat.
5. Add hare chane and ginger and cook again for a little time.
6. Add the fried mushrooms, green chillies, chaat masala, lemon juice and salt.

*Garnish with chopped coriander and serve in banana leaves.

PREPARATION TIME	:	15 minutes
COOKING TIME	:	15 minutes
NO OF SERVINGS	:	6

STUFFED MUSHROOMS WITH CORN



INGREDIENTS

15 large Magic Mushrooms	1 teacup fresh cream
2 teacups cooked corn	4 teacup milk
4 chopped onion	4 tbsp. tomato ketchup
2 chopped green chillies	1 tbsp. plain flour
2 tbsp butter	1/2 tsp chilli powder
1/2 teacup milk	2 tsp sugar
2 tbsp fresh cream	salt to taste
Salt to taste	FOR BAKING :
FOR THE SAUCE 2	tbps grated cooking cheese
2 large tomatoes	

METHOD

1. Destem mushrooms and throw stalks, boil mushroom Caps.
2. Heat butter and fry the onion for 1 min.
3. Add green chillies and fry again for a few secs. Add corn.
4. Mix milk, cream and flour and add to the corn mixture. Add salt and mix, cook for a few mins.
5. Stuff the mushroom caps with the corn mixture.

FOR THE SAUCE

1. Cut the tomatoes into big pieces, add 1/4 teacup of water and cook. When cooked, take out a thick soup by passing through a sieve.
2. Add the cream, milk, tomato ketchup, flour and 1 teacup of water.
3. Add the chilli powder, sugar and salt, boil until thick.

TO SERVE

1. Arrange mushrooms on a baking dish, pour the sauce and sprinkle cheese on top.
2. Bake in the oven at 450° F for 10 mins. * Serve hot.

PREPARATION TIME : 20 minutes, COOKING TIME : 40 minutes

NO OF SERVINGS : 6-8

MUSHROOMS AND NOODLES



INGREDIENTS

450 gms Magic Mushrooms	1 teacup thin cream
1 teacup boiled noodles	2-3 thsp grated cheese
1 finely chopped onion	3 tosp butier
1 clove garlic crushed (optional)	salt and pepper to taste
1 tsp caraway seeds	chopped parsley for decoration
3/4 teacup white wine	

ADVANCE PREPARATION :

1. Slice mushrooms, keep aside
2. Add 1 tosp of butter and a pinch of salt to the noodles and cook for 1 min.

METHOD

1. Heat 2 tosp of butter in a large frying pan, add onions, garlic and caraway seeds and fry for 1 min.
2. Add the mushrooms and fry again for 2 mins.
3. Add wine, cream, salt and pepper and half of the cheese.
4. Make a border with the noodles or simply add aid mix, according to preference.
5. Sprinkle the remaining cheese on top and COGK ior 4 min.
*Decorate with chopped parsley and serve nur

PREPARATION TIME	:	10 minutes
COOKING TIME	:	10 minutes
NO OF SERVINGS	:	4 minutes

MUSHROOM METHI PALAK



INGREDIENTS

3 Magic Mushrooms	15 mm piece ginger, finely chopped
3 teacups chopped spinach	2 1/2 green chillies, finely chopped
3/4 teacup fresh fenugreek (methi leaves)	1/2 tsp amchur powder
1 onion chopped	3 tsp oil
	salt to taste

METHOD

1. Thoroughly wash the spinach and fenugreek and remove the thick stems.
2. Put them in a plate and microwave on HIGH for about 40 seconds.
3. Blend the cooked leaves to a smooth puree in a blender.
4. Put the oil in a glass bowl and microwave on HIGH for 30 seconds.
5. Add the onion and microwave on HIGH for 2 mins. or until light pink in colour.
6. Add the ginger and green chillies and microwave on HIGH for 15 seconds.
7. Add the puree, paneer, amchur powder and salt. Cover and microwave on HIGH for 3 to 4 mins. Serve Hot

COOKING TIME	:	7 minutes 25 seconds
NO OF SERVINGS	:	2

VEG. HONGKONG STYLE WITH STEAMED RICE



INGREDIENTS

3 teacups parboiled diced mixed vegetables (Magic Mushrooms, cauliflower, carrots, french beans baby corn)	2 pinches ajinomoto powder (optional)
2 teacups steamed rice	2-3 tablespoons soya sauce
1 capsicum, cut into big pieces	4 tsp. vinegar
2 teaspoons finely chopped ginger	2 tsp. chilli sauce
1 teaspoon finely chopped garlic	2 teacups clear vegetable stock, or water
3-4 dry red chillies, broken into pieces	2 tablespoon cornflour, a pinch sugar
	2 tablespoons salt and pepper to taste

METHOD

1. Heat the oil in a wok or frying pan on a high flame. Add the vegetable, ginger, garlic, red chillies, Ajinomoto and stir fry over a high flame for 2 mins.
2. Add the soya sauce, vinegar, chilli sauce, salt and pepper.
3. Mix the stock and cornflour, add to the mixture and cook for 1 min. Add the sugar. Top with steamed rice and serve hot.

PREPARATION TIME	:	10 minutes
COOKING TIME	:	3-4minutes
NO OF SERVINGS	:	4

DUM MUSHROOM (KASHMIRI STYLE)



INGREDIENTS

500 gms Magic Mushrooms
1 cup curd
1 tsp salt
Oil
1 tsp asafoetida
1 tsp chilli powder

1 tsp coriander powder
1 tsp ginger paste

FOR GARNISHING

sliced almonds
chopped coriander leaves

METHOD

1. Boil the mushrooms and keep aside.
2. Prick the boiled mushrooms with a fork.
Heat oil and fry the mushrooms.
3. Heat 2 tbsp oil and add asafoetida, chilli powder, coriander powder, salt and ginger paste with one tbsp of water, fry for some time.
4. Add curd and fry till golden brown.
Add mushrooms and 1/2 cup water. Cook till water dries.
5. Decorate with fresh coriander and almonds.
* Serve hot.

PREPARATION TIME : 10 minutes
COOKING TIME : 25 minutes
NO OF SERVINGS : 2-3

RICE WITH MUSHROOM AND SPICES



INGREDIENTS

90 gms fresh Magic Mushrooms, half cooked	salt to taste
2 tbsp vegetable oil	1 tbsp chopped fresh basil
2 tsp finely chopped ginger	1 tbsp. chopped fresh mint
1 fresh red or green chilli, finely chopped	1 tbsp. chopped fresh coriander
1/4 tsp cumin seeds	2 cups rice
1/4 tsp black mustard seeds	4 cups boiling water
3-4 dried or fresh curry leaves	10-12 strands saffron soaked in warm water (optional)

METHOD

1. Heat oil in a large heavy based saucepan, add ginger, chilli, cumin seeds, mustard seeds, curry leaves and salt to taste and cook stirring for 1 min.
2. Stir in basil, coriander, mushrooms, rice, water and saffron mixture (if using) cover and bring it to a boil. Reduce heat to low and cook for 15 mins. or until rice is cooked.

RATLANI KACHORI



INGREDIENTS

6 large Magic Mushrooms boiled	1/2 tsp dry mango powder
4 medium sized onions chopped	3 tbsp oil
4 boiled potatoes	3-4 dry red chillies
2 medium sized tomatoes	2 1/2 cups flour
3-4 green chillies	4 tbsp ghee
2 tbsp chopped coriander	a pinch of soda or baking powder
3/4 tsp salt	oil for frying
1 1/2 tsp red chilli powder	
1 tsp saunf	

METHOD

1. Heat 3 tbsp oil in a karahi or pan and add dry whole red chillies and chopped onions.
2. Fry the onions till pink, add tomatoes and mix well.
3. Mash the boiled mushrooms and potatoes and add to the onion mixture and mix and fry till dry.
4. Add salt, saunf, mango powder, chilli powder, chopped green chillies and chopped coriander. Mix well and keep aside.
5. Sieve the flour, salt and baking powder, make a well, pour in oil and rub the flour well. Add enough water and knead the dough.
6. Make small balls, flatten each ball, put 1 tsp of mushrooms and potato filling and re-form.
7. Press the balls lightly.
8. Heat oil and fry all the kachories on low heat.

* Serve Ratlani Kachoris with chutney

PREPARATION TIME	:	30-40 minutes
COOKING TIME	:	50 minutes
NO OF SERVINGS	:	2-4

MUSHROOM GATTEY CURRY (RAJASTHANI STYLE)



INGREDIENTS

50 gms Magic Mushrooms	1 tomato
1 cup besan	1/2 cup curd
1/2 cup curd	4 green chilli
1/2 tsp ajwain	1/2 tsp. red chilli powder
1 tsp ginger-garlic paste	1/4 tsp salt
pinch of asafoetida	1 tbsp oil
2 tbsp oil	a few coriander leaves

FOR THE GRAVY

1 onion

METHOD

1. Mix the besan, ajwain, ginger-garlic paste, asafoetida and oil with your fingers and knead to a soft dough adding curd.
2. Roll out a chapati about 7 cm thick with this dough. Grate mushrooms and spread over the chapati.
3. Roll up the chapati into a long roll. Cut into 3-4 cms length from the big roll.
4. Boil water and put the gatteys into the water. Boil until they start floating on the water.
5. Remove from the water. Do not throw away the water.

FOR THE GRAVY

1. Grind the onion, tomato, green chilli and curd to a paste.
2. Heat oil and fry the paste till it leaves the sides of the pan. Add salt and other masalas. Add the water in which the gatteys were boiled.
3. Bring to a boil and add the gatteys, cover it and allow it to simmer over low heat. * Serve hot with parathas.

PREPARATION TIME : 30 minutes

COOKING TIME : 30 minutes

NO OF SERVINGS : 3-4

BISI BELE BATH (KARNATAKA STYLE)



INGREDIENTS

250 gms Magic Mushrooms	3" cinnamon
250 gms rice	50 gms coriander seeds
250 gms arhar dal	50 gms grated coconut
100 gms peanuts	cooking oil
50 gms tamarind	water to boil, salt to taste
200 gms beans, 200 gms carrots	FOR SEASONING
250 gms green peas	4 tsp groundnut oil, 1 tsp rai
2 big potatoes	1/2 tsp turmeric powder
10 red chillies,	2 tsp urad dal, 2 tsp channa dal
2 tbsp channa dal, 2 tbsp urad dal	2 pinches of asafoetida
	Bay leaves

METHOD

1. Sack tamarind in water and keep aside.
2. Cut the vegetables into small pieces. Cut beans into 3" pieces.
3. Wash rice and arhar dal, add groundnuts, vegetables and 5 cups of water. Cook in a pressure cooker. Keep aside.
4. Fry all spices together in 2 tsp of oil till brown.
5. Powder them along with dry coconut.
6. Put the mixture of rice, dal and vegetables on the fire.
7. Add tamarind juice, water, salt and the powdered Spices and keep on stirring till it boils. Put out the fire.

FOR THE SEASONING

1. Heat groundnut oil in a karahi, put rai into it. When it crackles, put urad dal and channa dal. When it turns dark yellow, add asafoetida and turmeric powder.
2. Add bay leaves at the end, pour this seasoning into the Bisi Bele Bath.

* Serve hot.

PREPARATION TIME : 30 minutes

COOKING TIME : 45 minutes, NO OF SERVINGS : 6

MUS. WITH COCONUT (SOUTH INDIAN STYLE)



INGREDIENTS

250 gms Magic Mushrooms

2 tsp salt

1/2 tsp turmeric powder

1 tsp oil

1/2 tsp mustard seeds

a few curry leaves

3 tbsps grated coconut

3 medium sized green chillies

1 medium sized onion

METHOD

1. Slice the mushrooms length wise.
2. Heat oil and add mustard seeds and curry leaves.
3. Add sliced onions and slit green chillies.
4. Add mushrooms and cook for 5 mins., then add turmeric powder.
5. Cover the pan for 5 mins. When the vegetable is ready, add grated coconut and mix well. Cook for one more min.

PREPARATION TIME : 10 minutes

COOKING TIME : 30 minutes

NO OF SERVINGS : 4

SPICY MUSHROOMS WITH PANNER



INGREDIENTS

250 gms Magic Mushrooms
1 tbsp refined oil
1 slab paneer, cut into cubes
1/2 tsp ground cumin
1/4 tsp ground coriander
1/4 tsp mango powder
1/4 tsp castor sugar

1/4 tsp paprika
1/4 tsp ground turmeric
pinch of black salt
30 gms butter
1/2 bunch fresh coriander
leaves, chopped
salt to taste

METHOD

1. Heat oil in a large frying pan, add paneer and cook for 3-4 mins. on each side or until golden. Remove paneer from pan and set aside.
2. Place cumin, ground coriander, mango powder, sugar, paprika, turmeric and black salt in a bowl and mix to combine.
3. Melt butter in a large clean frying pan, add mushrooms and cook for 2-3 mins. Add paneer and cook over low heat for 3-4 mins. longer. Remove pan from heat and stir in spice mixture, garnished with fresh coriander and salt to taste.

NO OF SERVINGS

:

4

MUSHROOM SOUP



INGREDIENTS

250 gms fresh Magic Mushrooms	1 tsp butter
1 chopped onion	salt and pepper to taste

METHOD

1. Chop the mushrooms.
2. Put the butter in a glass bowl and microwave on HIGH for 15 seconds. Add the onion and microwave on HIGH for 1 1/2 mins. or until light pink in colour, stirring once in-between after 45 seconds.
3. Add the mushrooms and 4 teacups of watery, cover and microwave on HIGH for about 6 to 6 1/2 mins.
4. When cooked, blend in a liquidiser.
5. Add salt and pepper.
serve Hot

COOKING TIME : 8 minutes 15 seconds

NO OF SERVINGS : 4

VEGETABLE POLYNESIAN STYLE



INGREDIENTS

250 grams mixed chopped vegetables (Magic Mushrooms, carrots, French beans, green peas, etc.)

Fresh coconut water of 1 coconut
1 tbsp cornflour
1/2 tsp cumin seeds

1 tbsp oil
salt to taste

TO BE GROUND INTO PASTE

3 green chillies
1 medium onion
25 mm piece ginger

METHOD

1. Take out the coconut water, scoop out the coconut flesh and blend both in a liquidiser with the cornflour.
2. Place the chopped vegetables in a shallow dish. Sprinkle 5 to 6 tablespoons of water on top and cook till soft.
3. Put the oil in the bowl and microwave on HIGH for about 20 seconds. Add the cumin seeds and fry for 20 seconds by micro waving on HIGH. Add the paste and microwave on HIGH for 30 seconds.
4. Add the coconut milk mixture and microwave on HIGH; for about 2 1/2 mins., stirring in-between after every 30 seconds.
5. Add the vegetables and salt and microwave on HIGH for 2 mins., stirring once in-between after 1 min.
6. Fill the hot vegetables in coconut shell.

SERVE IMMEDIATELY

COOKING TIME : 9 minutes 40 seconds
NO OF SERVINGS : 4

HANDI KOFTA



INGREDIENTS

50 gms Magic Mushrooms
500 gms potatoes
20 gms coriander leaves
5 gjs ginger, 50 gms carrots
50 gms French beans
50 gms green peas
spinach 75 gms
20 gms cornflour
5 gms cumin seeds
salt to taste, oil to fry

FOR GRAVY : 150 gms onion
150 gms tomatoes
5 gms turmeric powder
10 gms cumin seeds
5 gms red chilli powder
5 gms of garam masala
10 gms ginger, 5 gms garlic
50 gms refind of
50 gms curd
water as required, salt to taste

METHOD

1. Boil potatoes, peel skin off, mash and keep aside. Chop carrot, French beans, mushrooms and spinach. Make ginger garlic paste.
2. Heat oil in a heavy bottomed pan and add cumin seeds, ginger-garlic paste and chopped vegetables. Cook it well.
3. Make ball shapes of the mashed potatoes after mixing a little cornflour.
4. Stuff the vegetable mixture in the mashed potatoes, fry in hot oil. Cut the centre and keep aside.
5. Heat oil & add cumin seeds. When they crackle, add onions and fry till golden brown. Add ginger-garlic paste and the masala.
6. Add tomatoes and the curd, add salt, water and cook till gravy is smooth and oil starts leaving asides.
7. Add prepared koftas and simmer for a few mins. fill the gravy gets absorbed *Serve garnished with chopped coriander.

PREPARATION TIME	:	45 minutes
COOKING TIME	:	45 minutes
NO OF SERVINGS	:	4

HEARTY VEGETABLE SOUP



INGREDIENTS

FOR THE STOCK :

250 gms Magic Mushrooms
2 onions
2 tomatoes
2 carrots
250 gms white pumpkin
250 gms cabbage
5-6 French beans

1/2 teacup chopped cabbage
1 finely chopped carrot
1 large finally chopped tomatoes
2 tbsp tomato ketchup
1 small can (225 gms) baked beans (optional)
1 tsp butter
salt and pepper to taste
chopped parsley to garnish

FOR THE TOPPING :

1 chopped onion

METHOD : FOR THE STOCK

1. Cut the vegetables into big pieces, add 5 teacups of water and cook. When soft, prepare the stock by passing through a sieve.

METHOD : FOR THE SOUP

1. Heat the butter and fry the onion for 1 min.
2. Add the cabbage and carrots and cook for 2 mins.
3. Add the stock and boil for 10 mins.
4. Add the tomato, tomato ketchup, baked bean, salt and pepper.
*Sprinkle chopped parsley on top and serve hot.

PREPARATION TIME : 20 minutes
COOKING TIME : 25 minutes
NO OF SERVINGS : 6-8

MUSHROOM AND PEA SOUP



INGREDIENTS

500 gms Magic Mushrooms
500 gms fresh green peas with pods

3 onions cut into big pieces
2 teacups white sauce
salt and pepper to taste

METHOD

1. Put the peas with pod, mushrooms, onions and 4 teacups of water in a pressure cooker and cook until soft.
2. Blend in a liquidiser and strain.
3. Add the white sauce, salt and pepper and mix thoroughly.
* Serve hot topped with fresh cream and bread crotons.

PREPARATION TIME	:	15 minutes
COOKING TIME	:	20 minutes
NO OF SERVINGS	:	6

MUSHROOM AND PEA SOUP



INGREDIENTS

500 gms Magic Mushrooms

3 onions cut into big pieces

500 gms fresh green peas with pods

2 teacups white sauce
salt and pepper to taste

METHOD

1. Put the peas with pod, mushrooms, onions and 4 teacups of water in a pressure cooker and cook until soft.
2. Blend in a liquidiser and strain.
3. Add the white sauce, salt and pepper and mix thoroughly.
* Serve hot topped with fresh cream and bread crotons.

PREPARATION TIME	:	15 minutes
COOKING TIME	:	20 minutes
NO OF SERVINGS	:	6

MUSHROOM SNACK



INGREDIENTS

400 gms Magic Mushrooms	1 chopped green chilli (optional)
500 gms salted biscuits or crackers	4 tbsp grated cheese
1 chopped onion	1 teacup milk
2 cloves crushed garlic	2 tbsp butter
2 tbsp plain flour	

METHOD

1. Chop the mushrooms.
 2. Heat the butter and fry the onion and garlic for 1 min.
 3. Add the flour and fry again for 1 min.
 4. Add the mushrooms, half of the cheese, milk, green chilli and cook for few mins.
 5. Spread the mixture on the crackers and arrange on a greased baking tray.
 6. Sprinkle the balance cheese on top and bake in the oven at 200°C (400°F) for 10-12 mins.
- * Serve hot.

PREPARATION TIME	:	10 minutes
COOKING TIME	:	10 minutes
NO OF SERVINGS	:	10-12

STUFFED MUSHROOMS



INGREDIENTS

20 fresh large Magic Mushrooms
1 tsp butter

FOR THE STUFFING :

1 teacup finely chopped
parsley

2 slices fresh bread

1 chopped onion

1 chopped green chilli

A few drops lemon juice

salt to taste

METHOD

Detach and discard the stems from the mushrooms.

Wash the mushroom caps.

1. Heat the butter and fry the onion on a slow flame for 1 min.
2. Add the green chillies and fry again for a few seconds.
3. Crumble the bread slices.
4. Add the crumbled bread, parsley, lemon juice and salt to cook for 1 min.

HOW TO PREPARE :

1. Stuff the cavities of the mushroom caps with the stuffing.
2. Put the butter in a large frying pan and arrange the stuffed mushrooms in it. Cover and cook for 3-4 mins.

*Serve hot.

PREPARATION TIME : 5 minutes

COOKING TIME : 5 minutes

NO OF SERVINGS : 20 pieces

MUSHROOM IN MANCHURIAN SAUCE



INGREDIENTS

2 teacups sliced Magic Mushrooms	1 level tsp cornflour
1 tbsp chopped green chillies	4 tsp soya sauce
1 tbsp. chopped garlic	2 tsp chilli garlic sauce
1 tbsp. chopped ginger	2 pinches sugar
1/4 tsp ajinomoto powder	1 tbsp refined oil.

METHOD

1. Fry the mushrooms lightly in oil.
2. Heat 1 tbsp of oil in a separate vessel and fry the chillies, garlic and ginger for a few mins Add the ajinomoto powder.
3. Mix the cornflour in 1 1/2 tea cup of water and add to the mixture.
4. Add soya sauce, chilli-garlic sauce and sugar and cook till mixture becomes thick.
5. Add the mushrooms and cook for 17 min.

*Serve hot.

PREPARATION TIME	:	15 minutes
COOKING TIME	:	10 minutes
NO OF SERVINGS	:	4-6

MUSHROOM IN WHITE GRAVY



INGREDIENTS

Magic Mushroom 200 gms
Onions
Cashew nut pieces 1 tbsp
Cardamom
Cinnamon stick
Cloves
Bay leaf
Green chillies chopped 3
Red chilli
Coriander seeds

Fresh curds 1 teacup
2, medium Coriander finely
chopped 3/4 teacups
3 sugar 1/2 tsp
1 ghee 2 tbsp
2 salt to taste
FOR GRINDING :
garlic 6 cloves
1 ginger 12 mm (1/2") piece
1 tsp water 1 tbsp

METHOD

1. Cut the mushrooms into small cubes.
 2. Cut the onion into big pieces, add 3/4 teacup of water and boil.
 3. When cooked, blend in a mixture along with the cashew pieces.
 4. Heat the ghee and fry cardamoms, cloves, cinnamon and bay leaf for 1/2 min.
 5. Add the paste and fry for 1/2 min.
 6. Add the ground onions and cashew nuts and fry for a little while.
 7. Add the green chillies and fry for a little while.
 8. Pound the red chilli and coriander seeds and add to the gravy, fry again for a few seconds. Take the vessel off the fire.
 9. Churn the curds and add to the mixture. Add salt and cook on a slow flame until the ghee comes on top.
 10. Add the coriander and cook for 1/2 min.
 11. Finally add the mushroom and sugar and cook until tender.
- *Serve hot with parathas.

**PREPARATION TIME : 20 minutes, COOKING TIME : 20 minutes,
NO OF SERVINGS : 4-6**

MUSHROOM (BENGALI STYLE)



INGREDIENTS

6-8 large Magic Mushrooms cut in half, lengthwise	1/2 tsp turmeric powder
5 medium sized potatoes (boiled, peeled and mashed)	1 tsp garam masala
2 onion (grated)	1/4 cup breadcrumbs
1 tsp ginger-garlic paste	2 tbsp coriander leaves, chopped
1 tsp chilli powder	oil for frying
	1 1/2 tsp salt

METHOD

1. Heat 2 tbsp of oil, add onion, ginger-garlic paste, all the powdered masala and salt.
2. Add the bread crumbs and mashed potatoes and knead. Shape into half mushroom and fit into each half of the boiled mushroom.
3. Prepare all the mushrooms in the same manner, shallow fry in a pan & Serve hot with either ketchup or chutney.

PREPARATION TIME : 15-20 minutes

COOKING TIME : 30 minutes

NO OF SERVINGS : 3

Our other products

Canning

Sweet corn
Mushroom (Sliced / whole)
Baby corn

Frozen

Sweet corn
Baby Corn
Button mushroom
Green peas
Broccoli

EXOTIC VEGTABLE

Broccoli
Colored capsicum
Zucchini green and yellow
Red cabbage
Iceberg
leek
Cherry tomato
Sweet corn
Baby corn

Fresh Fruit

Strawberry Fruit
Graphes
Pomogranate arils
Mango

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