



Dr. Salisbury's Savory Mushroom Steaks+Classic Fluffed Mashed Potatoes with Gorgeous Gravy

By Dylan Sabuco , Dylan Sabuco

Prep Time 25 / **Cook Time** 30 / **Serves** 4 - 6

Shopping List

- ☐ FRESH
- ☐ 4 C mushrooms (your choice of type)
- ☐ DAIRY
- ☐ 3 T butter ******(see allergy subs below)******
- ☐ PANTRY
- ☐ 1 15-oz can black beans ******(see allergy subs below)******
- ☐ 1 C Italian bread crumbs ******(see allergy subs below)******
- ☐ 3 tsp poultry seasoning (or 1 tsp ground mustard + 3/4 tsp ground thyme + 3/4 tsp paprika ****** + 1/2 tsp ground sage, per 3 tsp poultry seasoning)
- ☐ 3 tsp salt
- ☐ 1 tsp ground black pepper
- ☐ 3 T vegetable oil ******
- ☐ 2 C instant mashed potatoes ******(see allergy subs below)******
- ☐ 1 vegetable bouillon cube ******
- ☐ 2 tsp cornstarch
- ☐ HAVE ON HAND
- ☐ 3 C + 1 T water
- ☐ "WATER YOU COOKING UP?" FLAVORED WATER (OPTIONAL)

- ☐ 4 C water
- ☐ 2 C ice
- ☐ Choose 1 or more of the following fresh ingredients to flavor your water:
- ☐ 1 cucumber
- ☐ 1 lime
- ☐ 1 lemon
- ☐ 1 orange
- ☐ 1 mint sprig

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

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chop: to cut something into small, rough pieces using a blade.

mix: to thoroughly combine two or more ingredients until uniform in texture.

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

shape: to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

chop: to cut something into small, rough pieces using a blade.

pour: to cause liquid, granules, or powder to stream from one container into another.

simmer: to cook a food gently, usually in a liquid, until softened.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- ☐ Pitcher
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Measuring cups
- ☐ Large sauté pan or skillet
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Can opener
- ☐ Colander or strainer
- ☐ Masher
- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Heat-resistant spatula or turner
- ☐ Saucepan (or microwave)
- ☐ Liquid measuring cup
- ☐ Whisk

Ingredients

"Water You Cooking Up?" Flavored Water

- ☐ 4 C water
- ☐ 2 C ice
- ☐ Choose 1 or more of the following fresh ingredients to flavor your water:
 - ☐ 1 cucumber
 - ☐ 1 lime
 - ☐ 1 lemon
 - ☐ 1 orange
 - ☐ 1 mint sprig

Dr. Salisbury's Savory Mushroom Steaks

- ☐ 2 C mushrooms (your choice of type)
- ☐ 1 15-oz can black beans ******(for LEGUME ALLERGY sub instant potato flakes + water if no Nightshade allergy present—more info below)******
- ☐ 1 C Italian bread crumbs ******(for GLUTEN ALLERGY sub gluten-free/nut-free bread crumbs)******
- ☐ 2 tsp poultry seasoning (or 3/4 tsp ground mustard + 1/2 tsp ground thyme + 1/2 tsp paprika ****** + 1/4 tsp ground sage, per 2 tsp poultry seasoning)
- ☐ 1 tsp salt
- ☐ 1/2 tsp ground black pepper
- ☐ 3 T vegetable oil ******

Classic Fluffed Mashed Potatoes with Gorgeous Gravy

- ☐ 3 C water, divided
- ☐ 2 C instant mashed potatoes ******(for NIGHTSHADE ALLERGY sub 2 C instant rice + 2 C water)******
- ☐ 3 T softened butter, divided ******(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance brand)******
- ☐ 2 tsp salt, divided
- ☐ 2 C mushrooms (your choice of type)
- ☐ 1 vegetable bouillon cube ******
- ☐ 1 tsp poultry seasoning (or 1/4 tsp ground mustard + 1/4 ground thyme + 1/4 tsp paprika ****** + 1/4 tsp ground sage, per 1 tsp poultry seasoning)
- ☐ 1/2 tsp ground black pepper
- ☐ 2 tsp cornstarch + 1 T water

Food Allergen Substitutions

"Water You Cooking Up?" Flavored Water

Dr. Salisbury's Savory Mushroom Steaks

Legume: For 1 15-oz can black beans, substitute 1 C instant potato flakes + 3 T water if no Nightshade allergy is present.

Gluten/Wheat: Substitute gluten-free/nut-free bread crumbs.

Nightshade: Omit paprika if making your own poultry seasoning and check labels of store-bought seasoning (most don't have paprika).

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

Classic Fluffed Mashed Potatoes with Gorgeous Gravy

Nightshade: For 2 C instant mashed potatoes + 3 C water, substitute 2 C instant rice + 2 C water. Omit paprika if making your own poultry seasoning and check labels of store-bought seasoning (most don't have paprika).

Dairy: Substitute dairy-free/nut-free butter, like Earth Balance brand.

Gluten/Soy/Nightshade: Check bouillon label for possible allergens and omit if necessary.

Instructions

"Water You Cooking Up?" Flavored Water

chop + measure + stir

Choose the flavor of water you will be making. Simply slice whatever **fresh ingredients** you chose and place them into a pitcher. Measure and add **4 cups of water** and **2 cups of ice**. Stir a few times and then serve.

Dr. Salisbury's Savory Mushroom Steaks

intro

Salisbury steak is a dish that brings me back to the lunchroom of my elementary school. I always was so happy when lunch included gravy. A Salisbury steak is traditionally seasoned and sautéed ground beef served smothered in gravy. The recipe creator was Dr. James H. Salisbury, who promoted a meat-based diet. Our Sticky Fingers Cooking® version will depart from the ground beef origins of the classic recipe, and instead, we will make a patty from black beans and mushrooms. Then, you will season the mixture to taste like the classic. Let's dive in.

chop + drain

Start by roughly chopping **2 cups of mushrooms** and then place them in a large bowl. Next, open and rinse **1 can of black beans**, draining the liquid, then pour the beans into the bowl of mushrooms.

superstar food spotlight

Mushrooms are a type of fungus. Mushrooms are excellent sources of vitamin D and B6, which means they help our body absorb calcium and promote brain health. They grow by eating decomposing organic material like leaves or fallen trees in forests. They don't have roots or seeds. Instead, mushrooms have spores that spread from the wind and will eventually grow into a mushroom. Also, instead of roots, mushrooms have gills. These gills are brown and are housed under the cap of the mushroom. You can

easily see the gills if you look underneath the cap of the mushroom yourself. The gills help transfer water and nutrients through the rest of the mushroom. These fungi can be poisonous, so stick to eating the ones at the grocery store unless you have an expert to help you look around the forest for mushrooms.

mash + measure

Using a masher, smash the bean and mushroom mixture until all the beans are squished and smooth. Then, measure and add **1 cup bread crumbs**, **2 teaspoons poultry seasoning**, **1 teaspoon salt**, and **1/2 teaspoon black pepper** to the bowl of beans and mushrooms. Stir with a wooden spoon until a dough forms.

shape + smash

Scoop portions of dough out of the bowl using a 1/3 measuring cup. Then, roll the portions into smooth balls. Finally, smash the dough balls until they look like flat disks.

sauté + serve

Heat **3 tablespoons of vegetable oil** in a large sauté pan over medium-high heat. Once the oil starts to spread in the pan, you will know it's hot enough to brown the "Salisbury steak" dough. Place 2 to 3 of the bean and mushroom dough disks into the pan in a single layer. Cook for 5 minutes on each side or until golden brown. Remove the portobello "Salisbury steaks" from the pan and serve them alongside the **Classic Fluffed Mashed Potatoes with Gorgeous Gravy**.

Classic Fluffed Mashed Potatoes with Gorgeous Gravy

boil + whisk

Boil **3 cups of water** in a saucepan on your stovetop or in a heatproof liquid measuring cup in your microwave. Carefully pour 1 1/2 cups of the boiling water into a large bowl. Then, measure **2 cups of instant potato flakes** and pour them into the bowl of boiling water. Whisk until smooth. Finally, add **2 tablespoons soft butter** and **1 teaspoon salt**. Fold the butter into the potatoes until melted in.

slice + measure

Next, let's quickly make the gorgeous mushroom gravy. Roughly chop **2 cups of mushrooms** and add them to the remaining boiling water. Then, measure and add **1 vegetable bouillon cube**, **1 teaspoon poultry seasoning**, **1 teaspoon salt**, and **1/2 teaspoon black pepper**. Finally, combine **2 teaspoons cornstarch** and **1 tablespoon water** in a measuring cup or small bowl and pour the slurry into the mushroom mixture.

simmer + stir

Simmer the gravy for at least 10 minutes on medium-high heat. The cornstarch will thicken the mixture into a quick and tasty gravy. Stir until smooth, then reduce the heat. Serve the gravy warm, ladled over the Classic Fluffed Mashed Potatoes and **Dr. Salisbury's Savory Mushroom Steaks**.

Featured Ingredient: Mushrooms!

Hi! I'm Toady! I'm a Mushroom!

"I'm also a fun guy! Get it? Fun guy—fungi? I'm good in salads, sandwiches, soups, stews, on pizza, with pasta, and stuffed with other yummy foods. Plus, you can cook and use me in recipes just like you would meat!"

History

The first mushrooms were thought to be cultivated in Southeast Asia, but it is not known why for sure. Perhaps someone discovered that mushrooms grew by accident and sought out a growing method. All mushrooms are fungi, but not all fungi are mushrooms! There are an estimated 1.5 to 2 million species of fungi on planet Earth, of which only 80,000 have been properly identified. There are over 250 kinds of mushrooms that people eat.

Mushrooms are a kind of fungus that look like umbrellas! They grow in places like yards, forests, fields, and gardens.

What is a fungus? It's a kind of living organism that is different from plants. In fact, mushrooms are more like humans than plants!

Fungi walls are made of a fibrous substance called "chitin," rather than cellulose, like plants. Also, plants produce their own energy from the sun from photosynthesis, but mushrooms and other fungi don't need the sun for energy!

Many fungi eat by breaking down dead plants. However, other fungi feast on dead animals, bird droppings, manure, wallpaper paste, fruit, and living animals. So fungi are like nature's cleanup crew!

The yeast that makes bread rise is a type of fungi.

Mushrooms are sometimes called Toadstools! Can you picture a toad sitting on top of a giant mushroom?

Some mushrooms are good to eat, like portobellos, crimini, and shiitakes, while others are extremely poisonous. Never eat a mushroom you find growing outside unless you are with a mushroom expert!

The Honey Mushroom in the Blue Mountains of Oregon is the world's largest living thing. It is actually a mushroom colony and is believed to be at least 2,000 years old! It covers almost four square miles!

Some mushrooms live entirely underwater.

In the Amazon rainforest, mushrooms release spores into the air, which creates the surface for water to condense and can trigger rain. The rain then causes more fungi to grow.

Before the invention of colorful synthetic dyes, people used mushrooms for dyeing wool and other natural fibers.

Greek warriors ate mushrooms to increase their strength before battle.

Mushrooms are one of the vegetable world's substitutes for meat.

Anatomy & Etymology

The largest mushroom you'll find in most grocery stores is the portobello. It is the fully grown version of the *Agaricus Bisporus* species and has a large, brown cap. Smaller, immature mushrooms may be brown, like the cremini, or white, like the button.

Mushrooms contain more than 90 percent water!

Some mushrooms glow in the dark! They produce light through a process called bioluminescence. People used to carry these in ancient times to light their way through the forest.

Mushrooms can grow super fast. Once they break through the surface of whatever they're growing on, they can double their size in just one day.

The word "mushroom" comes from late Middle English for any fungus with a fleshy and fruiting body. It is derived from the Old French "mousseron," from the late Latin "mussirio."

How to Pick, Buy, & Eat

Wild mushrooms can be found in many wooded areas. If you choose to harvest wild mushrooms, make certain you have a professional identify your pick. Many mushrooms may resemble safe mushrooms but are actually poisonous!

Buy mushrooms with whole, intact caps, and be sure they are not wet or slimy!

They will smell strong, sweet, and earthy when fresh.

Rinse mushrooms before you slice or cut them. Whole mushrooms won't absorb much water, while cut mushrooms will. Wait to rinse mushrooms until right before you cook them; otherwise, they'll turn slimy.

Mushrooms can be broiled, sautéed, and grilled. Mushrooms can be chopped or sliced and added to other dishes. Portobello caps are large enough to eat like a hamburger on a bun!

The mushroom cap is most often the part that is cooked and eaten. The stem can be fibrous and woody but will add flavor to vegetable or meat stock.

Mushrooms pair well with balsamic vinegar, fresh herbs (like oregano, rosemary, thyme, and cilantro), marinara, spinach, leafy greens, tomatoes, goat cheese, mozzarella, cream-based sauces, garlic, and onions.

Store mushrooms in a partially closed resealable plastic bag to ensure air circulation without drying out the mushrooms.

Nutrition

Mushrooms are low in calories and are an excellent source of B vitamins. These vitamins are needed for healthy cell and brain function, and they help prevent cancer and stress.

Even though mushrooms don't use the sun for energy, they use it to produce vitamin D, just like humans do! Vitamin D is essential to our bones! It keeps them strong and regenerating.

Mushrooms have essential minerals such as selenium, copper, phosphorus, zinc, and potassium. Copper helps the body build red blood cells and is necessary for the health of our bones. Selenium is an antioxidant that may decrease cancer risk.

Mushrooms have been used successfully in traditional Chinese medicine for thousands of years to treat many health conditions. Western medicine is finally beginning to recognize and utilize some of the medicine mushrooms naturally contain.