



## **Creamy Ukrainian Mushroom Medley Lokshyna (Egg Noodles) + Spiced Honey Pop**

By Dylan Sabuco

**Prep Time 15 / Cook Time 20 / Serves 4 - 6**

### **Shopping List**

FRESH

4 green onions

3 garlic cloves

1 pound mushrooms (button or baby bella work best)

DAIRY

3 T butter **\*\* (see allergy subs below) \*\***

1/2 cup sour cream **\*\* (see allergy subs below) \*\***

PANTRY

3 C egg noodles **\*\* (see allergy subs below) \*\***

1 T apple cider vinegar

3 T all-purpose flour **\*\* (see allergy subs below) \*\***

1/2 tsp ground mustard

2 pinches of salt

2 pinches black pepper

3 C sparkling water

1/2 C honey

1/4 tsp ground cloves

- 1/4 tsp ground cinnamon
- HAVE ON HAND
- 6 C water
- ice

## Fun-Da-Mentals Kitchen Skills

**boil:** to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

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

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

**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).

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

**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!

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

## Equipment

- Pitcher
- Liquid measuring cup
- Measuring spoons
- Wooden spoon
- Large pot
- Dry measuring cups
- Colander
- Cutting board + kid-safe knife
- Large sauté pan

Ladle

## Ingredients

### Creamy Ukrainian Mushroom Medley Lokshyna (Egg Noodles)

- 3 C egg noodles **\*\* (for EGG or GLUTEN ALLERGY sub chickpea pasta)\*\***
- 3 T butter **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance)\*\***
- 4 C water
- 4 green onions
- 3 garlic cloves
- 1 pound mushrooms (button or baby bella work best)
- 1 T apple cider vinegar
- 1 1/2 C water
- 3 T all-purpose flour **\*\* (for GLUTEN ALLERGY sub 1 tsp cornstarch + 1 tsp water, stirred)\*\***
- 1/2 tsp ground mustard
- 1/2 cup sour cream **\*\* (for DAIRY ALLERGY sub coconut milk-based plain yogurt)\*\***
- 2 pinches of salt
- 1 pinch ground black pepper

### Spiced Honey Pop

- 3 C sparkling water
- 1/2 C honey
- 1/2 C water
- 1 pinch black pepper
- 1/4 tsp ground cloves
- 1/4 tsp ground cinnamon
- ice

## Food Allergen Substitutions

### Creamy Ukrainian Mushroom Medley Lokshyna (Egg Noodles)

**Egg:** Substitute chickpea pasta for egg noodles.

**Gluten:** Substitute chickpea pasta for egg noodles. For 3 T all-purpose flour, substitute 1 tsp cornstarch + 1 tsp water and stir well.

**Dairy:** Substitute dairy-free/nut-free butter, like Earth Balance, for butter. Substitute coconut milk-based plain yogurt for sour cream.

## Spiced Honey Pop

## Instructions

### Creamy Ukrainian Mushroom Medley Lokshyna (Egg Noodles)

#### intro

Lokshyna (Lohk-SHEEH-nah)! You will simmer elements of Ukrainian, American, and German cuisine to create the tastiest Creamy Ukrainian Mushroom Medley Lokshyna you've ever had.

#### boil + melt

In a large pot, measure **4 cups of water** with **1 pinch of salt** and bring to a boil. Once boiling, dump in **3 cups of egg noodles** and stir to prevent sticking. After 8 minutes of cooking, drain the water and leave the noodles in the pot. Reduce the heat to as low as possible, then add **2 tablespoons of cold butter**. Stir until the butter is melted and the noodles are coated. Leave the noodles on ultra low heat until ready to serve.

#### chop + measure + saute

Meanwhile, chop **3 cups mushrooms**, **4 green onions**, and **3 garlic cloves** as finely as you can. When finished chopping, melt **1 tablespoon of butter** in a large sauté pan over medium heat. Add the chopped mushrooms, green onions, and garlic to the pan and cook for 8 minutes, stirring frequently.

#### scrumptious science time

Time to make a roux! What is a roux? Roux, or chef's paste, is a cooked combination of butter and flour in equal parts. This mixture is then used to thicken stocks and cream into various sauces and soups. This recipe will use a method called "singer," (SAN-jay), a French term for sprinkling flour over cooked vegetables to form a roux. From there, stock, cream, or water can be added to create soups and sauces with vegetables or meat incorporated into the mix.

#### singer + stir

Once the mushroom mixture is softened, sprinkle in **3 tablespoons of flour** and stir. Try your best to avoid any lumps by stirring frequently. After 2 minutes of stirring, pour in **1 tablespoon apple cider vinegar**, **1 1/2 cups water**, **1/2 teaspoon ground mustard**, **1 pinch of salt**, and **1 pinch of black pepper**. Simmer for 10 minutes.

### simmer + stir

Reduce the heat as much as possible and continue to simmer the Lokshyna. Add in **1/3 cup of sour cream** and gently stir until the cream disappears into the sauce. Ingredients like sour cream and butter can add a rich, velvety texture to sauces when stirred in as the final step of a recipe. This allows the fat part of those ingredients to incorporate more gently than if you used them from the start. Notice how rich this step will make your sauce.

### serve

Scoop some buttered noodles onto each plate or bowl, then ladle a healthy dollop of Mushroom Lokshyna over top. "Smachnoho" (smahtch-NO-ho) or "Have a delicious meal" in Ukrainian!

## Spiced Honey Pop

### measure + mix

In a large pitcher, combine **1/2 cup honey**, 1/2 cup water, 1 pinch of black pepper, 1/4 teaspoon ground cloves, **and** 1/4 teaspoon ground cinnamon\*\*. Stir until all the ingredients are fully incorporated together. Add **3 cups of sparkling water** and stir to combine.

### pour + cheers

Pour over ice and enjoy! "Budmo" (Bood-moh) or "Cheers" in Ukrainian! This drink will surely make your senses sing.

## 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.