



10 WAYS TO KEBAB

with mushrooms

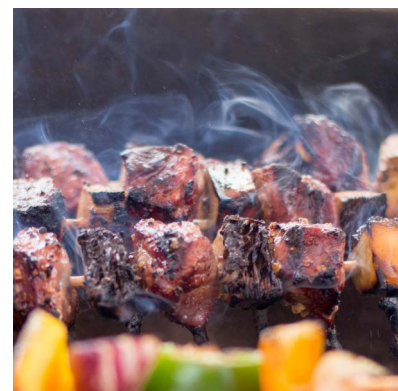
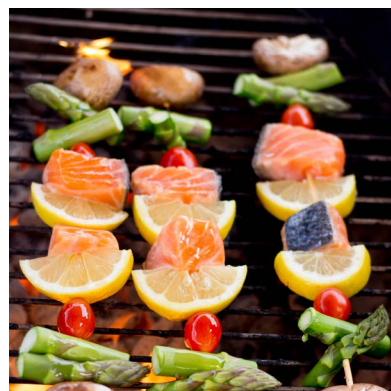


TABLE OF CONTENTS

HOW TO GRILL LIKE A PRO

p. 4, 5

PREP, TOOLS, TEMPERATURE CONTROL

HOW TO KEBAB LIKE A PRO

p. 6, 7

5 EASY STEPS

APPETIZER RECIPES

p. 8, 9

THE VEGGIE RAINBOW, THE ANTIPASTO, THE ROSEMARY CAPRESE,
THE BUFFALO BITES (BONUS: MEAT & POULTRY TEMPERATURE GUIDE)

ENTREE RECIPES

p. 10, 11

THE FAJITA, THE STEAKHOUSE, THE HAWAIIAN, THE CHICKEN
CAESAR, THE LEMONY SALMON, THE CAJUN CATFISH

ACKNOWLEDGMENTS

p. 12

MEET THE KEBAB CREATORS & PRODUCE SUPPLIER



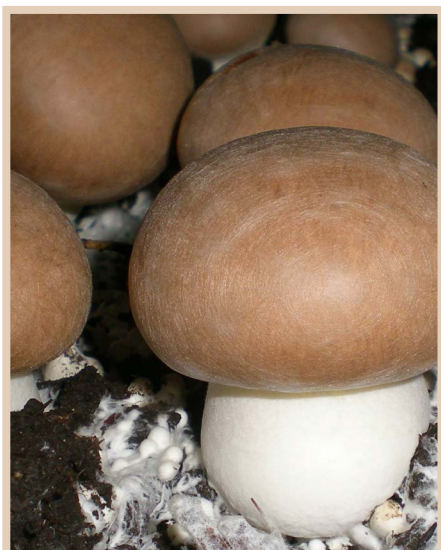
ABOUT THIS BOOK

When you peek into your fridge and see a hodge-podge of ingredients, what do you do? Think grilled kebabs, of course! Who doesn't love that smokey grilled flavor on a hot summer day? Kebabs are a great way to use mushrooms, veggies and small pieces of meat, poultry or seafood. We've put together some of our favorite combinations and recipes to share with you.

If you're not an expert griller, don't worry! In this e-book we teach you how to grill kebabs like a pro. Once you've mastered our tried and true grilling techniques, consider hosting a kebab party! Ask your friends and family to bring ingredients and then mix, match and share. Kebabs are easy, fun and they don't make a big mess in the kitchen.

We hope you enjoy this e-book and most importantly, have fun!

- Erica & Lindsey

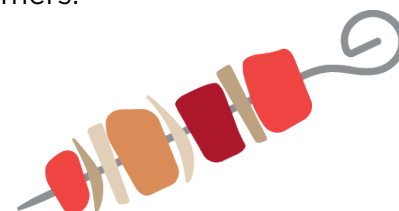


monterey mushrooms, inc.

Since 1971 | Family-owned & Operated - Monterey Mushrooms has 10 farms strategically placed around North America to provide all US cities with fresh, locally-grown mushrooms year round. Our complete fresh line includes: clean-n-ready, vitamin D, certified organic, sliced and stuffed mushrooms.

We are proud of our leadership in the industry, our innovation, our commitment to food safety and our employees. We don't just grow mushrooms, we grow people. The Monterey team lives by our company's vision to be the best integrated fresh mushroom company in North America by efficiently delivering superior value to our customers and consumers.

www.montereymushrooms.com

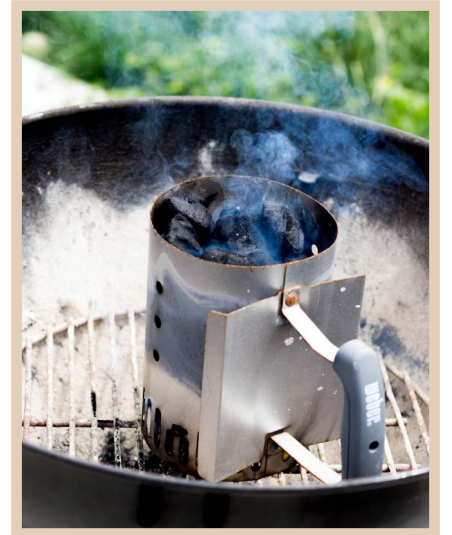


HOW TO GRILL LIKE A PRO

PREP

Organize your space. Every successful barbecuing mission must begin with an organized and equipped workspace. Are you prepping in the kitchen or out by the grill? Always have a damp towel or a roll of paper towels handy.

Light grill - or - Stack briquettes. If you're using a gas grill, go ahead and turn it on high. If you're using a charcoal grill, follow the steps below:



Clean grill. Brush grill grates before grilling.

1. Stack briquettes in a chimney grill starter over wads of newspaper (shown here). You'll need about enough briquettes to evenly cover the bottom of the grill.
2. Now, light briquettes from the bottom and watch those babies burst into flames.
3. Wait 10 minutes, and then check. Once your briquettes start to turn grey, dump into bottom of half of grill.
4. Once all coals are grey, you're ready to start barbecuing.

TOOLS OF THE TRADE

- **Lighter**
- **Grill brush cleaning tool**
- **Long tongs**
- **Hot pad mitt**
- **Cutting board**
- **Finished product dish**
- **Skewers: wooden or metal**
- **Meat thermometer**
- **Knife**
- **Cookie sheet to carry prepped kebabs**



HOW TO GRILL LIKE A PRO, CON'T.

TEMPERATURE CONTROL

Temperature control is the “key” to barbecuing like a pro. Here we’re going to explain how to move your food around the grill to achieve the best result.

It’s all about direct and indirect heat. Let’s define those terms. Ready?

DIRECT HEAT: Direct grilling is a barbecue cooking technique in which the food is placed and cooked directly over the fire. Most common for short periods of time to achieve grill marks.

INDIRECT HEAT: Indirect grilling is a barbecue cooking technique in which the food is placed to the side of the heat source instead of directly over the flame.



- Put the briquettes off to the side so you have control to move your food from direct heat to indirect heat.
- To achieve nice grill marks and seal in juices, you need high heat directly under the food. Careful, you don’t want to burn your pretty kebabs, so practice this technique with care.
- Grill marks should form beautifully in 2-3 minutes. Flip and move to indirect heat.

- When cooking over indirect heat, you’re creating an oven-effect. Put the lid on and wait, but don’t walk away! The secret to avoid burning kebabs is to be present.



SAFETY TIP: Always use caution when grilling. Keep young children and pets away from barbecuing area and have a fire extinguisher handy, just in case.

HOW TO KEBAB LIKE A PRO

5 EASY STEPS TO KEBAB

1. CUT & WASH YOUR INGREDIENTS

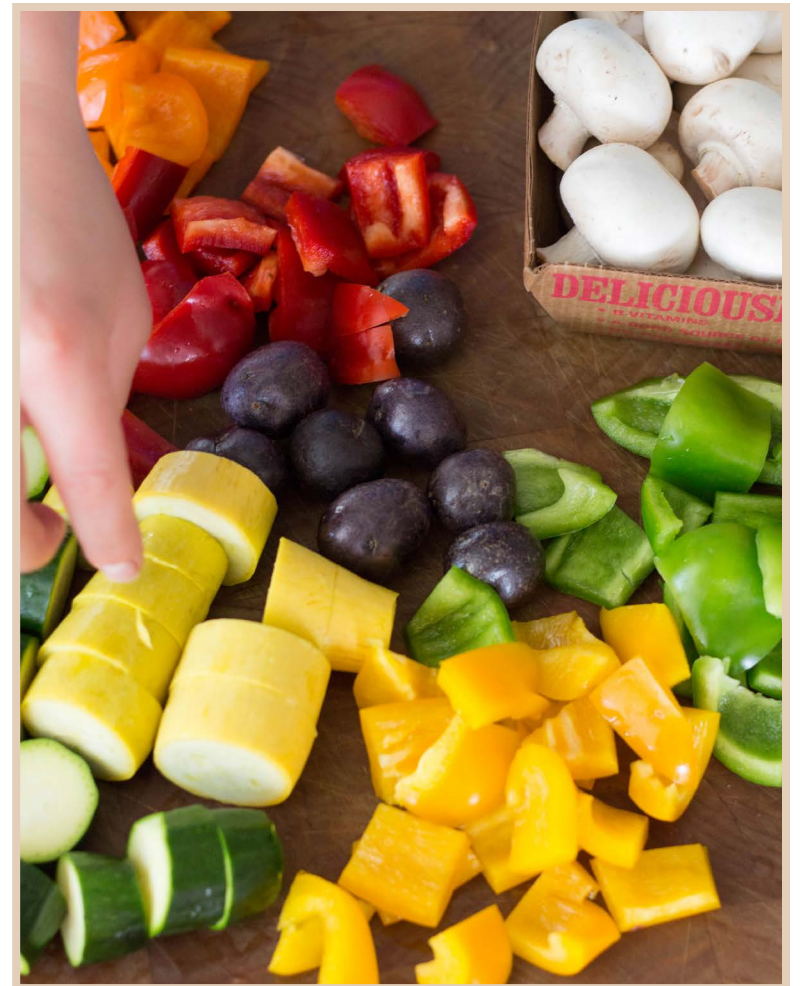
Mushrooms: gently wipe off with a damp paper towel or lint free cloth.

- If the mushroom cap is 1.5" or smaller, leave whole
- If larger than 1.5", cut in half
- If larger than 2.5" cut in quarters

Veggies: rinse thoroughly in a colander and let drip dry.

- If the veggie is larger than 1.5", cut into 1x1 inch cubes

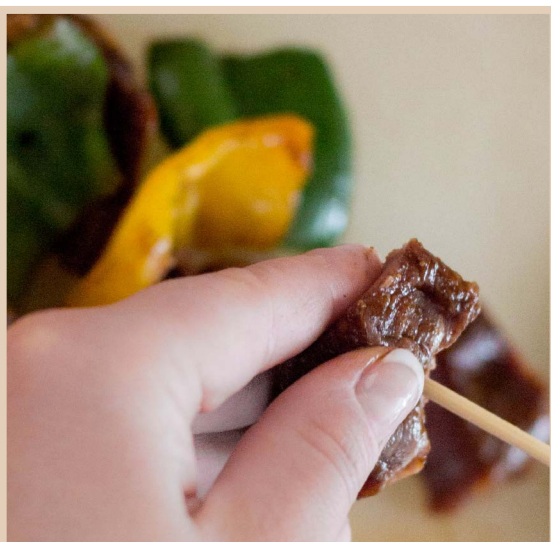
Meat: cut into 1.5 x 1.5 inch squares



2. PREPARE AND PREHEAT YOUR GRILL - follow steps on page 3

3. STRING YOUR SKEWERS

If you're using wooden skewers, soak them in a water bath for about 20 minutes before grilling. This will prevent them from catching fire while you're barbecuing.



TIP:
From the last knuckle to the tip of your thumb measures about an inch.



HOW TO KEBAB LIKE A PRO, CON'T.

4. TO SEASON, MARINATE, OR BASTE? THAT IS THE QUESTION. And it's up to you!

SEASON Brush with olive oil and sprinkle with seasoning or salt and pepper.

MARINATE Follow the guidelines below.

- **veggies:** 20 minutes at room temp.
- **meat or poultry:** at least an hour and up to overnight in the refrigerator.
- **seafood** (fish and shrimp): 1 hour in refrigerator

BASTE Brush on once the grill marks are established and after the first turn. Brush again each time you turn the kebabs.

Before serving kebabs, it's nice to spritz with fresh lemon or sprinkle with cheese. Always serve grilled kebabs immediately.

5. GRILL - follow steps on page 4

Grill the kebabs, turning until the ingredients are charred and cooked to your desired doneness. Limit the amount of times you flip and fidget with kebabs to avoid losing the precious juices in the meat and veggies.

With practice, you'll get the hang of it and develop your own preferences.



TIPS:

Do not marinate seafood overnight. It will get soggy!

Sweet marinades and glazes are likely to burn, so apply in the last few minutes



APPETIZERS

1. THE VEGGIE RAINBOW

INGREDIENTS

Medium White Mushrooms
Red Bell Pepper
Orange Bell Pepper
Yellow Bell Pepper
Yellow Squash
Zucchini
Green Bell Pepper
Red Onion
Purple Baby Potato, pre-cooked

SEASONING

Olive Oil
Salt & Pepper, to taste



DIRECTIONS

Place kebabs on the grill in direct heat. Brush with olive oil and sprinkle with salt and pepper. After two minutes or once grill marks are established, move to indirect heat and grill 3 minutes. Flip and grill an additional 5 more minutes.

2. THE ANTIPASTO

INGREDIENTS

Marinated Mushrooms
Chicken
Pancetta
Olives
Grape Tomatoes

SEASONING

Olive Oil
Dried Oregano
Dried Basil
Salt

TIP:
You can buy these
ingredients pre-marinated
to save time



DIRECTIONS

Place marinated, seasoned kebabs on the grill. Grill for 1-2 minutes on each side in direct heat. When cheese starts to melt, pull from grill and enjoy immediately.

3. ROSEMARY CAPRESE

INGREDIENTS

Marinated Mushrooms
Grape Tomatoes
Marinated Mozzarella
Sprigs of Rosemary

SEASONING

Nothing, these babies are
perfect just the way they are.



DIRECTIONS

Place kebabs on the grill for 1-2 minutes on each side. When cheese starts to melt, pull from grill and enjoy immediately.



4. THE BUFFALO BITES

INGREDIENTS

Medium White Mushrooms
Cauliflower
Celery
Carrots
Butter
Hot Sauce (we recommend Frank's)
White vinegar
Garlic Powder
Blue Cheese Dressing

DIP

Mix together 4 Tbsp butter, 5 Tbsp hot sauce, 1 Tsp white vinegar, 1 Tsp garlic powder, salt and pepper to taste. Dip mushrooms and cauliflower florets.

BREAD: Dip mushrooms and cauliflower florets in a bowl containing about 2 cups panko crumbs.



DIRECTIONS

Place kebabs on the grill in direct heat. Grill for 2 minutes on each side. Then move to indirect heat until cauliflower is soft, about 5 more minutes.

MEAT & POULTRY TEMPERATURE GUIDE

BEEF

Rare*: 125°F + 3 minute rest

Medium Rare*: 130°F - 135°

Medium*: 135°F - 140°F

Medium Well*: 140°F - 150°F

Well Done: 155°F +

Poultry

Done: 165°F

*For beef, the USDA recommends a minimum internal temperature of 145°F and allow to rest for at least 3 minutes.



ENTREES

5. THE FAJITA

INGREDIENTS

Brown Baby Bella Mushrooms
Red Bell Pepper
Yellow Bell Pepper
Orange Bell Pepper
Jalapeño (optional)
Red Onion
Meat of choice - steak,
chicken or shrimp

BASTE

Cilantro Lime Dressing

To make the cilantro lime dressing,
puree or blend the following:

Olive Oil
Cilantro
Juice of 1 lime
2 cloves garlic

DIRECTIONS

Place kebabs on the grill in direct heat and cook 2 minutes on each side to establish grill marks. On your third flip, move to indirect heat and baste with cilantro lime dressing. Cook about 3 minutes. Flip and baste again. Finish cooking to desired doneness. Cooking times will vary depending on type of meat.



6. THE STEAKHOUSE

INGREDIENTS

Portabella Mushrooms, cubed
Steak - skirt steak or sirloin

MARINADE

Steak Sauce - your favorite one!

SEASONING

Steak Seasoning - your favorite one!

DIRECTIONS

Sprinkle marinated kebabs with steak seasoning. Place kebabs on the grill; 7 minutes on each side. Alternate from direct to indirect heat to get desired grill marks and doneness.



7. THE HAWAIIAN

INGREDIENTS

Mushrooms
Red Bell Pepper
Sweet Yellow Onion
Pineapple

BASTE

Teriyaki Sauce

DIRECTIONS

Place kebabs on the grill and cook 2 minutes in direct heat until grill marks are established. Then flip and baste with teriyaki again. Cook an additional 5 minutes in indirect heat because direct heat will burn the sugars in the teriyaki sauce. Flip and baste again and cook an additional 7 minutes.



8. THE CHICKEN CAESAR

INGREDIENTS

Medium White Mushrooms
Chicken Breast
Red Onion
Grape Tomato
Romaine Heart
Croutons, optional

BASTE

Caesar dressing or marinade (not creamy)

SPRINKLE

Parmesan, shredded

DIRECTIONS

Place kebabs on the grill and baste with dressing. Grill for 5 minutes. Flip and baste again. Add a halved romaine heart to the grill on direct heat, face down. Grill kebab another 5-7 minutes or until done. Pull both and serve with a sprinkle of parmesan and caesar dressing.



9. THE SALMONY LEMON

INGREDIENTS

Brown Baby Bella Mushrooms
Salmon
Asparagus
Lemon
Grape Tomato

SEASONING

Olive Oil
Salt & Pepper, to taste

DIRECTIONS

Place kebabs on the grill and brush with olive oil. Then sprinkle with salt and pepper. Grill for 5 minutes on each side. Spritz your salmon with the grilled lemon from your kebab.



10. THE CAJUN CATFISH

INGREDIENTS

Medium White Mushrooms
Catfish
Sausage
Red Bell Pepper
Potatoes, pre-cooked

SEASONING

Olive Oil
Cajun Creole Seasoning

DIRECTIONS

Brush kebabs with olive oil and sprinkle with Cajun Creole seasoning. Place kebabs on the grill; 7 minutes on each side. Alternate from direct to indirect heat to get desired grill marks and doneness.



ACKNOWLEDGMENTS

MEET THE AUTHORS



erica manfre american huney, food blogger

As a busy wife, mom and fulltime sales and marketing director, I find myself craving the slower-paced life like my grandmothers lived. I remember cooking together, making arts & crafts, and walking in nature to look at all the “wonders.” That is what inspired me to start a blog. I am committed to living a slower paced life for my family (and for me!) and I want my daughter to know and love the simple pleasures in life.

On my blog you'll find some fun DIY projects, I'll share some of my favorite family recipes, and some adventures too! I hope you'll enjoy it as much as I enjoy creating it. www.americanhuney.com 

PHOTO CREDITS: The photographs in this e-book were all taken by Erica

lindsey roberts the mushroom expert

At Monterey Mushrooms I'm responsible for marketing fresh, processed and dried mushrooms. Prior to marketing, I spent 2 years in Quality & Food Safety. From there I was chosen to participate in an intensive year-long grower training program that taught me the art and science of growing mushrooms. I learned how to make compost: straw + water + nutritional supplements + heat. Learned how to spawn mushrooms; and how to grow mushrooms. The trick is maintaining the proper temperature, humidity, and CO2 to yield a healthy crop at just the right size.

Mushrooms are arguably the most difficult crop to grow, yet one of the easiest to use. I love cooking with mushrooms and love watching them grow. I am a “jill” of all trades when it comes to mushrooms.



The recipes for this e-book were all created in the Monterey Mushrooms test kitchen



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