

The Pomegranate and the Mushroom

December's discoveries



 **Montfort**

Hôpital universitaire
Academic Hospital

The pomegranate...

- ...contains powerful antioxidants that may be beneficial for cardiovascular health, for cancer cells and for neurological disorders.

Purchase

The pomegranate's skin must be smooth, shiny, and of a beautiful deep red color free of brown spots. Ripe pomegranates will produce a metallic sound when struck with the palm of your hand. Choose the heaviest pomegranate at equal size for a juicier fruit.

Preservation

Pomegranate can be store for a few weeks and even a few months in the refrigerator.

Utilization

- Fresh fruit: Can be added to salads (fruits or vegetables), salsa as well as rice dishes, tabouli, sautéed vegetables and roast meat.
- Dried fruit: Is used in pastries and in some country's seasoning blends.
- Pomegranate juice, syrup or molasses: Can be added to sauces, creams, sorbets, pastries, vinaigrettes, marinades, soups and several types of drinks.

How to remove the seeds

Cut the pomegranate into 4 or 5 pieces. Fill a large bowl with water and submerge the pieces. Gently scrape and dislodge the seeds. It is important to remove and discard the white membrane that is inedible. With a strainer, drain the water and collect the seeds.

Recipe

Pomegranate and Pumpkin Seed Tabouli

Ingredients

1 ½ cups	Bulgur	375 ml
2 tbsp	Olive oil	30 ml
¼ cup	Lemon juice	60 ml
1 cup	Parsley, chopped	250 ml
¼ cup	Mint leaves, chopped	60 ml
3	Green onions, thinly sliced	
1 cup	Pomegranate seeds	250 ml
½ cup	Pumpkin seeds, toasted	125 ml
1 tbsp	Honey	15 ml
1 pinch	Cayenne pepper	

Preparation

- In a medium saucepan, bring 2 cups of water to a boil and stir in the bulgur. Cover and turn off the heat.
- Let the bulgur stand until the water is absorbed, (about 8 minutes). Uncover and fluff with a fork. Let cool.
- In a large serving bowl, whisk together the oil and the lemon juice. Mix in the parsley, mint, green onions and pomegranate seeds. Mix in the bulgur and sprinkle the pumpkin seeds.

(recipe from Nutrition Action Health Letter, October 2012)

Servings : 8

The mushroom...

- ...is rich in vitamins and minerals.
- Contains nutrients that may be beneficial for intestinal health, like fiber.
- Is very low in calories when eaten raw.

Purchase

Choose mushrooms with smooth and uniform colored skins that do not have brown spots. The mushroom caps should be completely closed on their feet, indicating a very fresh vegetable.

Preservation

Mushrooms will keep up to one week in the refrigerator, in their original container or in a paper bag.

Preparation

It is important to clean mushrooms right before using them, in order to avoid a quicker deterioration. To avoid filling them with water, it is suggested to wash mushrooms with a damp cloth or by quickly running them under water while rubbing fingers on their skin.

Utilization

Mushrooms culinary usages vary greatly because more than one hundred species are eaten regularly.

Did you know...

Deteriorated mushrooms may present a risk of food poisoning without any noticeable changes in their appearance, taste and aroma. It is therefore important that mushrooms are refrigerated and stored in a container covered with a perforated plastic film when you buy them.

Recipe

Green Beans and Caramelized Shiitakes

Ingredients

750g	Green beans, trimmed	
250g	Shiitake mushrooms, caps sliced and stems discarded	
3 tbsp	Olive oil	45 ml
3	Garlic cloves, chopped	
2 tbsp	Balsamic vinegar	30 ml
1 tbsp	Soy sauce, reduced sodium	23 ml

Preparation

- Steam the beans until tender (about 5 minutes).
- In a large skillet over medium-high heat, sauté the mushroom in 2 tbsp of the oil until browned (about 5 minutes).
- Push the mushrooms to one side and add the remaining oil. Sauté garlic for 30 seconds, and add the balsamic vinegar and soy sauce. Stir together with the mushrooms and cook until all the sauce is absorbed, 1-2 minutes.
- Toss the green beans with the mushrooms and heat through.

(recipe from Nutrition Action Health Letter, October 2012)

Servings: 8

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