

USDA IQF Mushrooms

At San Diego USD, the approach to USDA IQF mushrooms is the same when vetting any other new product. Food products need to be multifunctional. For example, can the ingredient be used as a base product or a complement to other products? Additionally, does the new ingredient make good financial sense? Is the ingredient reliably sourced?

USDA IQF diced mushrooms and USDA IQF fajita blend peppers and onions make great ingredients when trying to reinvent a classic recipe using mother nature's flavors. In the southern region of the US, it is common to use the food 'trinity' which is onions, celery and bell pepper. This trinity is the base for all Cajun and creole cooking. This recipe idea was adapted to use USDA IQF vegetables when recipe testing with San Diego USD.

Utilizing the flavor attributes of USDA IQF mushrooms can easily blend with the flavor profiles of different cuisines. Prior to student testing, San Diego USD requested samples for kitchen testing and ordered the IQF mushrooms from the USDA. Storage and handling tips were also requested. San Diego USD prefers to test recipes that have been created by school operators. That is why it was important to test the product within the kitchens prior to student sampling.

San Diego USD first oven roasted the mushrooms and then began to create recipes that could use the basic roasted mushroom, insuring it fits into many meal options from breakfast and throughout the day.



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Marketing is just as important to a new recipe as the actual recipe itself. By adding mouth watering relatable adjective to describe the recipe is a way to get students excited about trying something new. At San Diego, the recipe was called “Oven Roasted Mushrooms; Veggies on Fire”. In addition, creating a visually pleasing poster students can anticipate sampling.

The team at San Diego does thorough testing and also seeks products that fit into many on trend items. The USDA IQF mushrooms fits that criteria.

IQF Mushrooms have been tested in several ways:

- ▶ Veggies On Fire
- ▶ Breakfast Burritos
- ▶ Fried Rice
- ▶ Ramen Bar
- ▶ Korean Beef Bowls
- ▶ Taco Meat
- ▶ Meatloaf
- ▶ Build You Own Bars
- ▶ Mushroom Blended Chile
- ▶ Queso Blanco Nachos

