

Culinary Medicine: Food Diet and Emotion

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Mushrooms

- Chanterelle Mushrooms grow in Autumn, contain B-vitamins and antioxidants, and boost immune health.
- Lions mane mushrooms are native to the Pacific Northwest, famous for their brain-supporting and cancer-fighting properties.
- Maitake Mushrooms (my favorite kind – Olive) are considered to be a "major medicinal mushroom" according to verywellhealth.com. They not only taste incredible when pan fried or in a tea/broth, but you can use them to help with inflammation, cancer, immunity, and much more. They contain polysaccharides and polyphenols.
- (Talk about other mushrooms here!)



- Pictures of dishes with mushrooms here
- Shown above: Chanterelle Frittata, Pan fried Lion's mane



Blue chanterelles (*Polyozellus multiplex* and matsutake (*Tricholoma matsutake*) cut up getting ready to fry them in butter



Image of Andreas Daughter hunting morels (*Morchella esculenta*)



Image of Andreas Daughter with Chicken of the woods (*Laetiporus sulphureus*)



Photo of a hand holding a Maitake. These are also known as Hen-of-the-woods mushrooms. They can grow up to 50-100 pounds!



Photo of Maitake tea from [Tamim Teas](#)

Benefits of Maitake tea:

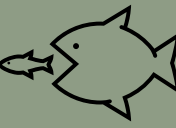
- Contain adaptogens
 - Increased immune system response
 - "resist physical, chemical and biological stress" (Tamim Teas)
- Lots of nutrients
- Natural way to boost energy

- ❖ Lions Mane (*Hericium erinaceus*) promotes serotonin, which improves mood. It supports cognitive function and helps repair damaged neurons, enhancing its antidepressant effect.
- ❖ Reishi (*Ganoderma lucidum*) are often referred to as the "mushroom of immortality". It's an adaptogen, calming the nervous system and lowering cortisol levels to relieve stress in the body.

I dehydrate Reishi and simmer it on the stove to make a grounding evening tea. I recommend adding ginger, cinnamon, and honey for a less bitter taste!



Lions Mane (left) and Reishi (right)- mushrooms grown by Leala



Seafood: Salmon & Oysters

- Students in Washington, USA are exposed to Salmon as a dish of significance to culture and health.
- A 3-ounce serving of baked wild caught Sockeye Salmon can provide your daily value of Vitamin D and may help with depression.
- Oysters are a popular seafood along the Puget Sound, eaten cooked or raw, they are extremely rich in zinc, selenium, and copper.



Salmon seasoned with Herbs de Provence and local honey



Fuzhou fish balls

- Use eel or shark meat and carefully scale, gut and slice the fish, making sure every bone is carefully removed to create a smooth paste.
- Next, chop the fish and add a little salt, cornstarch (traditionally sweet potato starch), egg white, and a little soy sauce and sugar to taste to add flavor. The mixture is then put into a rigorous blending process, which can last up to an hour, to ensure that the fish paste is as smooth and fluffy as possible.
- A pork filling seasoned with soy sauce, sugar and a little white pepper is wrapped in a fish sauce, which is then carefully wrapped over the pork filling to form a fish ball, which is then scooped up in mild warm water of 60°C until the fish ball floats to the surface, indicating that the fish ball has been cooked to perfection.



Reference Sources

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