

Gem State Mushrooms – Super Simple Saute & Cream Sauce

This preparation is ultra simple, works great with a variety of mushrooms and goes great over pasta, rice or on crackers. Consider this a starting point recipe - go wild from here by adding herbs, spices, vegetables etc.

Things needed:

~1/4lb Mushrooms of your choice

Non-stick pan

1 tsp high-temp oil or cooking spray

1/4 stick Butter

If making cream sauce: Whole Fat Milk, Half and Half or Cream (reduce butter if using 1/2 & 1/2 or cream)

Salt/Pepper

Hickory "Liquid Smoke" (or optionally, smoke your mushrooms first)

Diced Garlic (optional)

1) Prepare your mushrooms by cutting, tearing, or slicing depending on the variety and your preference.

We find that regular oysters are best “torn” from cap to stem to the desired size (imagine pulled pork). The large “King” oysters can be sliced or shredded. Hericium varieties such as bears-head tooth and lions mane can be sliced into ~1/4” thick “steaks” and are especially delicious.

2) Lightly oil a non-stick pan, preferably with a high-heat neutral oil such as avocado – (very lightly).

3) On high medium-high heat, add your mushrooms and spread across the pan. Cover and allow them to start to fry for 3-4 minutes. This will encourage them to lose some water and begin to brown.

4) Turn your mushrooms and re-cover for another few minutes.

5) Remove the cover and continue to saute / turn until desired brownness is reached.

6) Add 10-15 drops liquid smoke per pint of mushrooms - more or less to taste

7) Add salt, pepper and butter (optional garlic) to taste and stir in while continuing to fry for another minute or so.

Optional: To make into a cream sauce, lower heat and deglaze the pan with 1/4 to 1/2 cup milk or cream per pint of mushrooms - stir continuously until reduced to cream's consistency.

Serve with pasta, as a garnish with meat, as a side, on its own etc.

When you're done trying out this simple recipe, be sure to check us out on social media and let us know what you think!

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Heridium "crabless" Crab Cakes - (Lion's Mane or Bear's Head Mushroom)

Ingredients

- 1 lb heridium mushrooms
- 2 large or medium eggs + 1 yolk
- 1/2 cup panko breadcrumbs
- 2 tablespoons unsalted butter
- Seasonings
- Kosher salt and pepper to taste
- 2-3 scallions
- 1 small clove garlic grated or crushed to a paste, about 1/2 tsp
- Zest of half a lemon or to taste
- 2 tablespoons fresh cut chives
- 1 tablespoon fresh chopped Italian parsley
- Good pinch of fresh chopped tarragon plus more to taste (optional)
- Cayenne or a shot of Tabasco to taste
- 2-3 teaspoons Worcestershire sauce or to taste
- 2 tablespoons grated high quality pecorino romano cheese

Instructions

1. Break the Heridium into manageable sized pieces so that you can inspect and clean if necessary. Heridium mushrooms are very absorbent so it is not recommended to submerge in water.
2. After the mushrooms are cleaned, preferably all together in a large, high sided pan, sweat them in two tablespoons of butter and a good pinch of salt, covering the pan with a lid to help them wilt, trying not to brown the mushrooms too much since you want the finished cakes to be white inside and keeping an eye on them so they don't stick.
3. Allow the mushrooms to cook completely as their juices weep. Do not discard the juice but rather use a rubber spatula to transfer it to a bowl with the mushrooms once they've cooked through and wilted. Allow to cool until you can handle them. Squeeze the mushrooms to release excess water, then reserve the mushrooms and juice separately.
4. Chop the mushrooms medium-fine then transfer to a mixing bowl and add the remaining ingredients, starting with the breadcrumbs. Work the mixture around to saturate the breadcrumbs, adding their juices to allow for forming small, quarter sized pieces of the mixture and cooking to check the seasoning and how the cake holds together. Adjust the seasoning if needed: cayenne for heat, salt, lemon for acidity, and tarragon if you wish. Then take 1/4 cups of the mixture and pack into a ring mold, pressing down so they hold their shape. You can use your hands if you do not have a ring mold, though it is helpful.
5. In the original frying pan, fry the cakes in butter on both sides until golden and eat while still hot. Garnish with spicy aioli, made with sriracha mixed with aioli or mayonnaise.

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Mushroom Risotto

The recipe calls for risotto rice, Italian rice varieties that are high in a particular type of starch, with grains that are shorter and fatter than most other rices: Arborio, Carnaroli and Vialone Nano are the most famous varieties. The high starch content of these rices yields a creamy texture when cooked.

Ingredients

- 2 Tbsp butter
- 2 cups flavorful mushrooms such as shiitake or oyster mushroom, cut into half-inch to inch pieces
- 2/3 cup brandy, vermouth, or dry white wine
- 5-6 cups chicken stock (use vegetable stock for vegetarian option)
- 1/3 cup of peeled and minced shallots (OR 1/3 cup of yellow or white onion, finely chopped)
- 1 3/4 cups arborio rice or other risotto rice
- 1/3 cup freshly grated Pecorino Romano cheese
- Salt and freshly ground black pepper
- 2 Tbsp chopped fresh parsley or chives

Instructions

1. Bring stock to a simmer in a saucepan.
2. Sauté the mushrooms: Melt the butter in a wide saucepan over medium-high heat. Add mushrooms and shallots and sauté about 5 minutes (if using chanterelles, dry sauté first for a minute or two and let the mushrooms cook in their own juices before adding the butter).
3. Add rice and brandy: Add the rice and stir to combine. Add brandy, bring to a boil, and reduce liquid by half, about 3-4 minutes.
4. Add simmering stock, 1/2 cup at a time, stirring enough to keep the rice from sticking to the edges of the pan. Stir the rice almost constantly — stirring sloughs off the starch from the rice, making the creamy sauce you're looking for in a risotto. Wait until the stock is almost completely absorbed before adding the next 1/2 cup. This process will take about 25 minutes. The rice should be just cooked and slightly chewy.
5. Stir in the Pecorino (best) or Parmesan cheese and season to taste with salt and pepper. Garnish with chopped fresh parsley or chives.

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Mushroom AI Pastor Tacos with Garlic Lime Special Sauce

Ingredients

- 2 cloves garlic, minced or grated
- 2 tablespoons chili powder
- 2 teaspoons smoked paprika
- 2 chipotle peppers in adobo
- ¼ cup apple cider or white vinegar
- 2 cups fresh pineapple chunks
- 1 tablespoon toasted sesame seeds
- 2 tablespoons extra virgin olive oil
- 8 ounces cremini mushrooms, chopped
- 1 yellow onion, thinly sliced
- 3 cups shiitake mushrooms, sliced
- 1/2 cup fresh cilantro, chopped
- 12 toasted corn or flour tortillas
- 4 ounces feta or goat cheese, crumbled
- mashed avocado and lime wedges, for serving

Garlic Lime Sauce

- 1/2 cup plain Greek yogurt or sour cream
- 1 tablespoon apple cider vinegar
- 1 tablespoon lime juice + 2 teaspoons lime zest
- 1 clove garlic, grated (use 2 if you love garlic)

Instructions

1. Make the chipotle pineapple sauce. In a blender or food processor combine the garlic, chili powder, paprika, chipotle chilies, 1/3 cup water, vinegar, 1 cup of the pineapple chunks, and a pinch of salt. Blend until completely smooth. Stir in the sesame seed.
2. Heat the olive oil in a large skillet over medium heat. When the oil shimmers, add the cremini mushrooms, onions, and a pinch each of salt and pepper. Cook for 5 minutes, until the mushrooms begin crisping on the edges. Add the shiitake mushrooms, and continue to cook another 5 minutes. Reduce the heat to low, stir in about 1/2 of chipotle pineapple sauce and the remaining 1 cup of pineapple chunks. Simmer for 5-8 minutes or until the sauce has reduced and coats the mushrooms, there will still be sauce left in the pan. Remove from the heat and stir in the cilantro.
3. To make the special sauce. Combine all ingredients in a bowl, adding 1-2 tablespoons water if needed to thin the sauce. Taste and season with salt.
4. Stuff the mashed avocado (if using), the mushrooms, and pineapple into the warmed tortillas. Top with additional chipotle pineapple sauce, special sauce, cilantro, and cheese. Enjoy!

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