FLORECE FARMS

# MUSHROOM Recipes

# **GARLIC SAUTEED** SHIITAKE MUSHROOMS



## **INGREDIENTS**

1 tablespoon butter

3 large cloves garlic, minced

12 ounces large shiitake mushrooms, sliced

2 tablespoons sesame oil 2 tablespoons soy sauce

2 tablespoons sake

Sea salt and freshly ground black pepper

1 tablespoon fresh chives, chopped

Combine butter and garlic in sauté pan. Heat until butter is melted and garlic starts to sizzle, about 30 seconds. Do not let garlic brown.

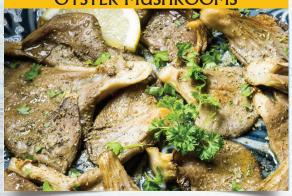
Add sesame oil to pan, heat

Add mushrooms and sauté, turning until lightly browned.

Add soy sauce and sake, blend

Season to taste with salt and pepper, sprinkle with chives and serve.

# PAN SEARED GRAY OYSTER MUSHROOMS



1 lb. Gray Oyster Mushrooms

1-2 Tablespoons Olive or Avocado oil

2-3 Tablespoons butter

3-4 cloves garlic

Salt & Pepper

### **PREPARATION**

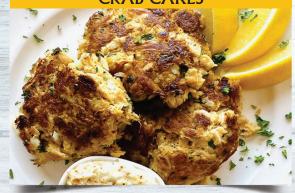
Preheat oven to 400°

Line a cookie sheet with parchment paper, or rub with Olive oil Tear (don't cut) mushrooms in ½ or 1/3 depending on size Place mushrooms flat on the cookie sheet and bake for 20-30 Remove from oven and sprinkle liberally with salt and pepper In a heavy skillet put ½ oil and ½ butter and heat to foaming Place mushrooms in skillet and sauté until leaves are crispy and stems are soft

Add garlic for last 5 min and toss

Serve with parsley garnish

## LION'S MANE MUSHROOM CRAB CAKES



### **INGREDIENTS**

1/2 pound Lions Mane Mushroom

3 cloves garlic

Olive Oil

Salt Pepper

egg replacer

1 teaspoon soy sauce

1 teaspoon rice wine vinegar

1/2 teaspoon Molasses

2 tablespoons Vegan mayo Lemon

Parsley

1/4 cup red onion chopped

1/2 teaspoon old bay 1/4 cup panko bread crumbs

1/2 cup bread crumbs

Pull Lions mane mushroom into crab like texture, add garlic and a touch of olive oil2. Place on baking sheet and bake for 20 mins (check frequently)

In a separate bowl mix together egg replacer, soy sauce, vinegar, molasses, and mayo Add parsley to taste, red onion, lions mane, old bay and squeeze half lemon juice

Add bread crumbs and mix

Add salt and pepper

Form into balls

Add olive oil to pan heated on medium heat

Form crab mushroom mixture into balls then flatten into cakes

Heat for 3 minutes on each side



# BLACKENED LION'S MANE MUSHROOM STEAKS

### **INGREDIENTS**

1 pound Lion's Mane Mushroom 3 cups vegetable stock divided ¼ cup Blackening Seasoning more or less, to taste 1 tablespoon Worcestershire Sauce

### **PREPARATION**

Preheat BBQ grill to medium-low heat (300°F).

Set the mushroom on a cutting board with the bottom side down. Use a long, serrated knife to cut from top to bottom into ¾-inch thick steaks

Place steaks on a baking sheet. Brush with a little vegetable stock and sprinkle liberally with blackening seasoning. Flip and repeat with the other side.

Heat a cast iron or other heavy skillet to medium heat. Arrange the prepared steaks in a single layer and then set a heavy pot right on top of the mushroom steaks to press them down. Let this cook for a couple of minutes.

Flip each steak with a spatula. Cook another couple of minutes.

Remove the seared steaks onto the preheated BBQ grill.

Return the searing skillet back to the stove, add 2 cups of reserved vegetable stock and plant-based Worcestershire sauce to the pan drippings, and bring to a boil. Let this reduce to about -1/2 cup and pour into a small bowl.

Return to the BBQ and brush the tops of each steak with this liquid, flip and grill, basting the other side. Repeat so both sides are nicely grilled and glazed.

# SEARED MAITAKE MUSHROOM STEAKS



### **INGREDIENTS**

2 garlic cloves, finely chopped

2 Tbsp. plus ½ cup olive oil

2 8-oz. maitake mushrooms, cleaned, halved through the stem Kosher salt and freshly ground black pepper

Combine garlic and 2 Tbsp. oil in a small bowl.

Heat remaining ½ cup oil in 2 large skillets over medium-high heat.

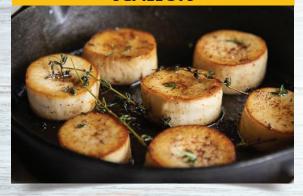
Season mushrooms with salt and pepper.

Cook each, cut side down, in a skillet, pressing to flatten once they begin to soften, until golden and crisp, about 3 minutes per side.

Reduce heat to low.

Drizzle garlic mixture around mushrooms and cook until garlic is golden, about 1 minute: turn mushrooms to coat.

# KING OYSTER MUSHROOM **SCALLOPS**



## **INGREDIENTS**

5 tablespoons unsalted butter 16 ounces trumpet mushrooms, about 2 4 sprigs of thyme, plus extra for garnish Fine sea salt Ground black pepper

## **PREPARATION**

To make the brown butter, melt 4 tablespoons of butter in a small saucepan over medium heat about 2 to 3 minutes. When brown specks start to appear in the butter remove it from the heat and set aside.

Slice the mushroom into 1-inch thick rounds, for 12 total mushroom scallops.

Melt the remaining tablespoon of butter in a large cast iron skillet over medium-high heat. Add the thyme sprigs and stir them around the flavor the butter.

Add the mushroom scallops. Spoon half of the brown butter over the scallops and cook 3 to 5 minutes, until the bottoms are golden brown. Flip and spoon the remaining brown butter over the top of each. Cook 3 to 5 more minutes.

Sprinkle with salt, pepper, and thyme leaves before serving.



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