

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

PREPARATION

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



INGREDIENTS

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 1/2 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 1/2 oil and 1/2 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	1/2 teaspoon Molasses
3 cloves garlic	2 tablespoons Vegan mayo
Olive Oil	Lemon
Salt Pepper	Parsley
1 egg replacer	1/4 cup red onion chopped
1 teaspoon soy sauce	1/2 teaspoon old bay
1 teaspoon rice wine vinegar	1/4 cup panko bread crumbs
	1/2 cup bread crumbs

PREPARATION

Pull Lions mane mushroom into crab like texture, add garlic and a touch of olive oil.
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 ½ 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

PREPARATION

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.


Farms Specialty Mushrooms

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