



LET'S COOK

Specialty
with Mushrooms



MUSHROOMS MAKE MEALS BETTER

PREP • COOK • SERVE



HOW TO COOK | WITH SPECIALTY MUSHROOMS



BEECH

These firm, crunchy textured mushrooms are highly esteemed in Asian cuisines. Cook to fully develop their rich flavor.



Beech & Miso Soup

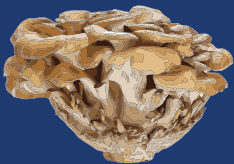


KING TRUMPET

This mushroom has a wonderful savory flavor and a firm, meaty texture. It can be sautéed, grilled, braised, stewed, or broiled.



Trumpet Chow Mein



MAITAKE

Also called 'Hen-of-the-Woods' this mushroom has a forest aroma and a light, crunchy texture. Traditional in Asian cuisine.



Pulled Maitake-wich

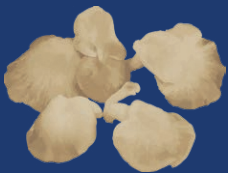


SHIITAKE

Adds a meaty flavor and texture to stir-frys, pastas, soups, entrées and side dishes. Discard woody stem.

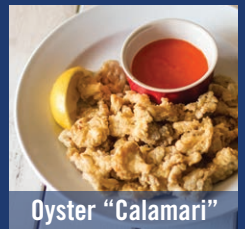


Shiitake Crostini



OYSTER

Delicate flavor is excellent in chicken, pork, seafood dishes, soups and sauces.



Oyster "Calamari"



ENOKI

A mild but delightful flavor and a crunchy texture. Lightly cook and serve in soups or in stir-fries with vegetables and meat.



Bacon'd Enoki

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Bacon Wrapped Enoki

INGREDIENTS

3 slices of bacon
4 ounces Monterey® enoki mushrooms – ends trimmed and discarded
1 tablespoon EVOO
Fresh ground pepper
Toothpicks

DIRECTIONS

Preheat oven to 400°F. Line baking sheet with parchment paper or aluminum foil. Trim root ends of enoki mushroom clusters, about 2-3" in length - discard. Wrap one strip of bacon around each cluster of enoki mushrooms and secure with a toothpick. Brush EVOO on the exposed Enoki to prevent them from burning. Sprinkle with fresh ground pepper. Bake for 15-20 minutes, or until bacon is cooked.

Maitake Pulled "Pork" Sandwiches

INGREDIENTS

4 oz. Monterey® maitake mushrooms
½ c. sweet onion, sliced thinly
1 Tbsp. vegetable oil
½ c. barbecue sauce of your choice
¼ c. water
1 Tbsp. apple cider vinegar
1 tsp. dijon mustard
4 "slider buns" — mini burger buns

DIRECTIONS

Pull Maitake apart into individual fronds and slice onions. Sauté the onions and Maitake in the vegetable oil until lightly browned. Once the mushrooms and onions are cooked, add the remaining ingredients: barbecue sauce, water, cider vinegar and mustard. Simmer a few minutes to combine the flavors. Spoon mixture on to slider buns and serve. Serves 4.

LET'S COOK *Specialty* with Mushrooms

Sauteéd Shiitakes with Soft Cheese

INGREDIENTS

8 oz of Monterey® whole
shiitake mushrooms
2 tbl EVOO
Fresh Tarragon
Salt and Pepper to taste
Your favorite soft cheese
Baguette – sliced

DIRECTIONS

Slice the medium shiitakes. You can keep the small mushrooms whole. Put medium sautee pan over medium heat and add EVOO. Add the shiitakes, salt and pepper, and tarragon. Sautee until mushrooms are golden brown. Spread soft cheese on baguette slices. Top with sautéed shiitakes and finish with fresh tarragon as a garnish.



Oyster Mushroom “Calamari”

INGREDIENTS

4 ounces Monterey®
oyster mushrooms
1 cup flour
1 tbsp smoked paprika
1 tsp garlic powder
1 cup buttermilk
Salt & Pepper, to taste
Lemon wedges

DIRECTIONS

Remove the individual oyster florets from the bunch. Prepare a bowl with buttermilk and soak the individual pieces of oyster mushroom for 10 minutes. In the meantime, mix flour, paprika, garlic powder, salt and pepper. Dredge the oyster mushrooms in the flour mixture and set aside on a plate. When all mushrooms are prepared, drop into fryer. When lightly golden brown, remove from oil and drain excess oil on paper towel lined cookie sheet or plate. Sprinkle with salt if desired. Serve with lemon wedge and cocktail sauce. Great with tarter sauce, too!



LET'S COOK *Specialty* with Mushrooms

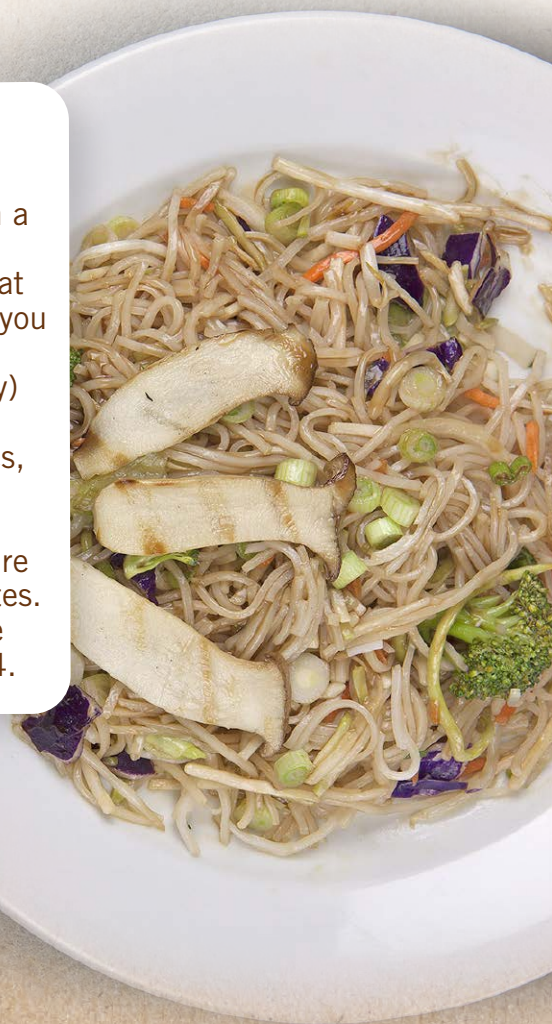
Basic Stir Fry with King Trumpets

INGREDIENTS

6 ounces chow mein noodles or 6 ounces thin spaghetti
1 cup chicken broth
2 teaspoons cornstarch
1/2 teaspoon salt
1 teaspoon olive oil
1 onion, chopped
1/4 teaspoon ginger
3 garlic cloves, minced
4 ounces Monterey® king trumpet mushrooms, sliced lengthwise
5 green onions, sliced thin
1/4 cup thinly sliced carrots
1/4 cup thinly sliced purple cabbage
1/4 cup chopped broccoli
1/4 cup bean sprouts

DIRECTIONS

Cook noodles according to directions. Drain and set aside. In a small dish, combine the broth, cornstarch and salt; set aside. Heat the oil in a large skillet (or wok if you have one!), then add the onion, ginger and garlic. Sauté (or stir-fry) until you can smell it, about 1 minute. Add the remaining veggies, and cook until veggies are tender. Add the chicken and broth. Cook, stirring constantly, until the mixture boils and thickens, about 2 minutes. Remove from heat. Stir the veggie mixture into the noodles. Serves 4.



Beech & Miso Soup

INGREDIENTS

4 oz. Monterey® beech mushrooms
2 cups beef broth
1/4 cup miso paste
1 tablespoon low-sodium soy sauce
1 teaspoon butter
1 teaspoon fresh thyme, chopped
1/2 tablespoon sake (optional)

DIRECTIONS

Heat up a saute pan and add the butter. Saute the mushrooms lightly. Add broth, miso paste, soy sauce, thyme and sake. Simmer the mushrooms until they are cooked.

