

A glass of beer and a mushroom pizza on a wooden table. The glass is filled with a golden beer topped with a thick, white head of foam. The pizza is served on a whole mushroom cap and is topped with melted cheese, tomato sauce, and fresh basil leaves. Three stalks of wheat are placed to the right of the glass. The entire scene is set on a dark wooden surface.

Mushroom Small Bites & Beer Pairings GUIDE





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INTRODUCTION

Mushrooms and beer are trending, from Gastro-pubs to fine dining establishments! We created this guide to pair mushrooms with beer and help home cooks feel like a culinary professional.

We have a resident mushroom grower and craft brewer on staff who mastered the art and science of growing and brewing. He also grows hops, but that's just a side hobby. His name is Chris Thomsen and he shares his favorite pairing tips in this guide.

You can read all about Chris on the last page of this guide. We'd love to hear from you; try our pairing suggestions and create some of your own.

Lindsey Occhipinti
Mushroom Guru, Monterey Mushrooms

Craft Beer REVOLUTION

Not too long ago I was drinking an IPA with my dad, when I realized we are in the middle of a craft beer revolution. Growing up, my dad's weekend beer came in a red and white can. I remember when those cans were replaced with dark brown bottles with forest green labels. Those bottles are considered to be the pioneer pale ale that has helped bring craft beer to a majority of homes in America.

As the demand for fine beer grows, so does the number of successful home-brewers. Today, universities across the country offer bachelor degrees in brewing. The industry that was controlled by a few is now an industry of many. I attribute that to the bond people can easily develop with craft beer.

Beer has transformed from being something you served for casual get togethers, to the center reason for a gathering. Trips are planned around fabled beer tastings, which historically was reserved for fine wine connoisseurs. Like wine, options for craft beer tasting are endless. But unlike wine, beer-producing regions don't exist. So you can find good, local craft beer almost anywhere you travel. Wherever you are, don't forget to pair your favorite beer with a mushroom variety that compliments it best!

Chris Thomsen
Brewer/ Grower, Monterey Mushrooms

Did you know?

Growing mushrooms and brewing beer have a lot in common.

HERE'S HOW:

MUSHROOMS

Shiitakes • Portabellas • Baby Bellas
Oysters • White Buttons • Enokis

BEER

Wheat beers • Porters • Pale Ales/IPAs
Pilsners • Stouts • Brown Ales



Pairing

SUGGESTIONS



SHIITAKE + LAGER

Shiitake mushrooms pair with lager beers because of their meaty texture and rich woodsy taste.

SEE RECIPE →



PORTABELLA + PORTER

Portabella mushrooms pair with porters because of their deep, meat-like texture and flavor.

SEE RECIPE →



BABY BELLA + PALE ALE/IPA

Baby bella mushrooms pair with pale ales and IPAs because of their deep, earthy flavor and meaty texture.

SEE RECIPE →



OYSTER + PILSNER

Oyster mushrooms pair with pilsners because of their milk pepper flavor and smooth buttery texture.

SEE RECIPE →



WHITE BUTTON + STOUT

White mushrooms pair with stout beer because of their mild earthy taste.

SEE RECIPE →





SHIITAKE + LAGER

Shiitake mushrooms pair with wheat beers because of their meaty texture and rich woodsy taste. Shiitake mushrooms may be used to sauté, bake or stir-fry.



FEATURED RECIPE:

Shiitake Mushroom Ramen To-Go



INGREDIENTS:

- 2 tablespoons extra virgin olive oil
- 6 ounces Shiitake mushrooms, sliced
- 4 tablespoons chicken bouillon paste or broth base
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon Asian-style hot sauce (such as Sriracha)
- 2 cups shredded carrots
- 5 green onions, white and green portion sliced
- 8 ounces Asian noodles, cooked according to package directions
- 1 cup diced cucumber
- ½ cup chopped, fresh cilantro
- Four 16-ounce wide-mouth jars with lids
- ¾ cup boiling water for each jar, when ready to serve

DIRECTIONS:

- Heat olive oil in a medium skillet over medium-high heat.
- Add mushrooms and cook until browned and tender, 8 to 10 minutes.
- Stir bouillon paste, soy sauce and hot sauce in a small bowl. Spoon equal amount into bottom of each jar.
- Divide carrots in two portions. Sprinkle ¼ cup of carrots into each jar. Top with an equal amount of green onions and remaining carrots. Add mushrooms to jars and top with 2 ounces of noodles.
- Lastly, add ¼ cup of diced cucumber and 2 tablespoons of cilantro.
- Store jars in the refrigerator for up to three days. When ready to serve, boil ¾ cup of water. Pour water into the jar.
- Stir well and enjoy.



PORTABELLA + PORTER

Portabella mushrooms pair with porters because of their deep, meat-like texture and flavor. Portabella mushroom may be used to sauté, grill, bake or fry.



FEATURED RECIPE:

Grilled Portabella Mushroom "Steaks" with Homemade Marinade

 [See the video](#)

INGREDIENTS:

- 16 ounces Monterey® Portabella Mushrooms*
- Monte's Mushroom Marinade
- 3 tbsp extra virgin olive oil
- 3 tbsp balsamic vinegar
- 3 tbsp soy sauce
- 2 tbsp Worcestershire sauce
- 1 tbsp Italian seasoning

*Selecting Monterey Mushrooms® "High Vitamin D" Mushrooms will provide you with 400 IU's of vitamin D per 3 oz serving, which is 50% of the Daily Value as recommended by the FDA.



DIRECTIONS:

- Clean your mushrooms with our tips for preparing mushrooms here, careful NOT to rinse. In a large bowl, mix all Portabella marinade ingredients. Place your whole mushrooms in for 20 minutes. Preheat the grill to 375° F. Grill over direct heat.
- With the cap-side down so the mushroom gills are looking up at you. Immediately cover the grill with a grill-safe lid. Set a timer for five minutes and stay nearby. After five minutes, check your caps. Use your long tongs to flip your mushrooms, being careful not to burn yourself. If lightly browned on the bottom, the caps are ready to grill gill-side down.
- Cook the opposite side for another five minutes, checking for those beautiful grill lines.
- You may need to continue to check on your caps in two-minute increments if you think they could use a little longer on the grates, flipping until you achieve your desired char. Be sure to read our post on How to Grill Portabella Mushroom Caps for detailed tips, like grilling with a charcoal grill instead of gas and more!





BABY BELLA + PALE ALE/IPA

Baby bella mushrooms pair with pale ales and IPAs because of their deep, earthy flavor and meaty texture. Baby bella mushrooms may be used to sauté, grill or bake.



FEATURED RECIPE:

Mushroom Pizza Bites / Pizza Stuffed Mushrooms



INGREDIENTS:

- 16 ounces Monterey Mushrooms® Baby Bellas or White Mushrooms
- 1/2 cup pizza sauce (marinara, alfredo, or pesto)
- 1 cup shredded mozzarella cheese
- Pizza toppings of your choice

Topping ideas:

Mini pepperoni, sausage, olives, parsley, red pepper flakes

DIRECTIONS:

- Preheat the oven to 400°F.
- Gently wipe the mushroom caps with a damp paper towel. Remove stems by snapping loose, discard.
- Spoon 1-2 teaspoons pizza sauce into each mushroom cap, then top with shredded cheese and pizza toppings of your choice.
- Bake the pizza bites on a non-stick, buttered/sprayed, oven-safe baking sheet or dutch oven for 15 minutes or until cheese is completely melted and slightly bubbly.





OYSTER + PILSNER

Oyster mushrooms pair with pilsner beer because of their milk pepper flavor and smooth buttery texture. Oyster mushrooms may be used to sauté or enjoy raw.



FEATURED RECIPE:

Oyster Mushroom "Calamari"

INGREDIENTS:

- 4 ounces 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.
- We recommended that you use a fryer, but if you don't have one, you can still prepare these on the stovetop. Pour 2 inches of oil into a deep frying pan 2 inches of oil. Slowly heat oil on medium/high. If you have a frying thermometer, aim for 365 degrees Fahrenheit. If you don't, test a small amount of mushroom and see if it bubbles right away without boiling. If it does, it's ready. If the oil is starting to smoke before putting the mushroom, your oil has become too hot. Lower heat until smoke disappears.
- 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!





WHITE BUTTON + STOUT

White mushrooms pair with stout beer because of their mild earthy taste. White button mushrooms may be used to sauté, grill or bake.



FEATURED RECIPE:

Lamb Shepherd's Pie with Mushrooms, Stout & Potatoes





Lamb Shepherd's Pie with Mushrooms, Stout & Potatoes

(Continued)

INGREDIENTS:

- 8 ounces Monterey Mushrooms® White Button Mushrooms*, sliced
- 1 pound lean ground beef
- 1 tsp Italian seasoning
- 1 small onion, finely diced
- 1 clove minced garlic
- 1/2 cup breadcrumbs
- 1 egg

DIRECTIONS:

- Preheat the oven to 325°F. Season the lamb with 1 1/2 teaspoons of salt and several grinds of pepper. In a Dutch oven, heat the oil over medium-high heat. Working in 2 batches, cook the lamb, turning occasionally, until browned on all sides, about 8 minutes per batch. Transfer to a plate.
- Add 2 tablespoons of butter to the pot and melt over medium heat. Add the onion, carrots, celery, mushrooms and garlic, cover, and cook, stirring occasionally, until the vegetables just begin to soften, about 5 minutes.
- Uncover, sprinkle with flour, and stir it in. Pour in the stock, 1 cup at a time, stirring to combine completely with each addition. Add the stout, rosemary, and 1 teaspoon of salt and bring to a boil over medium-high heat, stirring occasionally. Return the lamb to the Dutch oven, cover, and place in the oven to cook until the lamb is tender, about 1 1/2 hours.
- Meanwhile, put the potatoes in a large saucepan and add enough water to cover by about 1 inch. Season generously with salt, cover the pan and bring to a boil over high heat. Uncover, reduce the heat to medium and simmer until the potatoes are tender, 20 to 25 minutes. Drain well, then return the potatoes to the pan. Cube 3 tablespoons of the butter and add it to the potatoes. Start mashing the potatoes, and then gradually begin adding the sour cream. Stir in the horseradish, and season with salt.
- When the stew is done, remove it from the oven and increase the temperature to 400°F. Taste and adjust the seasoning. Stir in the peas and pour the stew into a 3-quart baking dish. Spread the mashed potatoes evenly on top, and use a fork to make decorative lines or peaks. Cube the remaining 1 tablespoon of butter and dot the top. Bake 20 to 30 minutes, until the potatoes are crusty and browned in spots. Remove from the oven and let stand for about 5 minutes, then serve hot.

*Selecting Monterey Mushrooms® "High Vitamin D" Mushrooms will provide you with 400 IU's of vitamin D per 3 oz serving, which is 50% of the Daily Value as recommended by the FDA.

Bonus!

BEER FOR DESSERT!

Porter beer and vanilla ice cream also pair well together. The roasty taste from the porter and the sweet, creamy taste from the ice cream create an irresistibly delicious Frappuccino-like drink. Just don't forget, unlike a frappuccino, there's alcohol in this drink!



FEATURED RECIPE:

Beer Float

This is a special recipe. We use portabella porter brewed in our backyard. You may find it tough to locate portabella porter because we brew it as a novelty to serve our customers and friends at trade shows. Any porter or dark malty beer will do the trick!

INGREDIENTS:

- 1 pint porter beer
- 3 scoops vanilla ice cream

DIRECTIONS:

- Pour beer leaving 1/3 of the cup empty
- Add scoops of ice cream and top with beer



Meet the Authors



CHRIS THOMSEN | THE BREWER/ GROWER

Avid mountain and road bike rider; enjoys building and flying remote control planes, including a model with a jet turbine. Thomsen is actively involved with the local homebrew community, having won awards for beer brewed with the mushrooms he grows.

Thomsen joined Monterey Mushroom as a quality assurance and food safety manager where his understanding of cropping systems and aptitude for integrating technology led to more development in the growing department. More recently in his career he's the production manager at Monterey Mushrooms' sister company, Amycel Spawnmate.

Chris loves what he does and finds it interesting to recognize the parallels between his hobby, brewing beer, and his career growing mushrooms and making mushrooms spawn.



LINDSEY OCCHIPINTI | THE MUSHROOM EXPERT

At Monterey Mushrooms Lindsey is responsible for marketing fresh, processed and dried mushrooms. Prior to marketing, she spent time working in quality and food safety. From there, she was chosen to participate in an intensive year-long grower training program that taught her the art and science of growing mushrooms.

Lindsey learned how to make compost and grow mushrooms. The trick is maintaining the proper temperature, humidity, and CO2 to yield a healthy crop at just the right size.

Mushrooms are one of the most difficult crop to grow, yet one of the easiest to use. Lindsey loves cooking with mushrooms and watching them grow.





About Monterey Mushrooms



Monterey Mushrooms is proud to provide fresh, locally grown mushrooms to your favorite grocery stores, restaurants, food manufacturers, and institutions nationwide.

We are proud of our leadership in the industry, our innovation, our environmental stewardship, and our commitment to food safety. We believe in developing our people and empowering them to “Be the Best in all that they do.”

**FAMILY OWNED AND OPERATED SINCE 1971, WE’VE BEEN
ENHANCING PEOPLE’S LIVES FOR OVER 50 YEARS.**

What started as a single mushroom farm in Watsonville, California has since expanded to 9 farms strategically located across North America. Today, driven by the leadership and vision of President and CEO, Shah Kazemi, and the executive team, Monterey Mushrooms is the largest grower of mushrooms in North America.

Our complete fresh line includes vitamin D, certified organic, whole and sliced. We also have a full line of processed products and nutrient-rich mushroom powder.



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