



Giorgio
America's Favorite Mushroom

EXOTIC MUSHROOMS 101!

**EASY, APPROACHABLE RECIPES
USING EXOTIC MUSHROOMS**

Welcome to Exotic Mushrooms 101!

Exotic mushrooms such as shiitake, maitake, oyster, beech, trumpet, and lion's mane offer not only unique flavors but also various health benefits, creative culinary uses, and approachable recipes that will wow your dinner guests.



SHIITAKE

HEALTH BENEFITS: Rich in vitamins (B, D), minerals (copper, selenium), and antioxidants. They also contain compounds believed to support the immune system and reduce inflammation.

CREATIVE USES: Great for stir-fries, soups, and stews. They can be sautéed, grilled, or roasted and used in pasta dishes or as a meat substitute due to their hearty texture.



OYSTER

HEALTH BENEFITS: High in protein, fiber, and various vitamins and minerals. They are also believed to have anti-inflammatory properties.

CREATIVE USES: Oyster mushrooms have a delicate flavor and can be used in a variety of dishes, including stir-fries, pasta dishes, and as a topping for pizzas or salads.

MAITAKE MUSHROOMS

(also known as Hen of the Woods)

HEALTH BENEFITS: Known for potential immune-boosting properties and may help regulate blood sugar levels and lower cholesterol.

CREATIVE USES: Due to their unique, frilly texture, maitake mushrooms are excellent when sautéed, roasted, or used in soups and risottos.



LION'S MANE MUSHROOMS

HEALTH BENEFITS: Considered to support cognitive function and may have neuroprotective properties. They are also rich in antioxidants and amino acids.

CREATIVE USES: Lion's mane mushrooms have a unique, fluffy appearance and a mild seafood-like flavor. They can be sautéed, grilled, or used in dishes where their texture can shine, such as in tacos or as a meat substitute.



BEECH MUSHROOMS

(also known as Shimeji Mushrooms):

HEALTH BENEFITS: Low in calories but high in nutrients like potassium, fiber, and antioxidants.

CREATIVE USES: These mushrooms have a mild, slightly nutty flavor. They work well in Asian dishes like stir-fries, soups, or as an ingredient in sushi rolls.



KING TRUMPET MUSHROOMS

HEALTH BENEFITS: High in protein, vitamin B6, and minerals like potassium.

CREATIVE USES: Trumpet mushrooms have a firm, meaty texture, making them suitable for grilling, roasting, or slicing into steaks. They can be used in vegetarian dishes as a substitute for scallops or other seafood.



Sources: webmd.com and USDA.gov

Incorporating these exotic mushrooms into your diet adds variety and flavor and introduces a range of potential health benefits. Experimenting with different cooking methods can showcase their unique textures and flavors, making them versatile ingredients in a variety of dishes.

Three Mushroom & Garlic Grilled Pizza

WHAT YOU NEED

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| 1 Tbsp unsalted butter | 3 oz white button mushrooms, sliced |
| 4 garlic cloves, minced | 1 oz dry white wine or chicken stock |
| 5 basil leaves, minced | ¼ tsp fine sea salt |
| 2 Tbsp all-purpose flour | Dough for a 14-inch pizza |
| ¾ cup half and half | 4 oz whole milk mozzarella cheese, chopped |
| 2 Tbsp grated Parmesan cheese | Shaved Parmesan for garnish |
| ½ tsp fine sea salt | Basil leaves for garnish |
| ¼ tsp ground black pepper | Olive oil |
| 2 Tbsp extra virgin olive oil | |
| 3 oz crimini mushrooms, sliced | |
| 3 oz shiitake mushrooms, stemmed and sliced | |



WHAT YOU DO

- Preheat the grill to high heat, about 425°F.
- To make the sauce, melt the butter in a medium skillet over medium-high heat. Whisk in the garlic and basil and cook for one min. Sprinkle in the flour as you whisk quickly. A paste will form. Reduce the heat to medium. Slowly pour in the half and half as you continue to whisk. Continue until there are no longer any clumps. Increase the heat slightly to bring to a simmer. Stir as it thickens into a sauce. This will happen quickly, in about a min or so. Remove from the heat. Stir in the Parmesan, salt, and pepper, and set aside.
- Heat the olive oil in a large skillet over medium-high. Add the mushrooms and cook until they begin to turn tender, about 2 mins. Carefully pour in the wine or stock and continue to cook until the liquid evaporates, about 1 min. Sprinkle with the salt.
- Stretch the dough to make about a 14-inch pizza, either a circle or oval. Brush the grill grate generously with olive oil. Place the dough on grill and let cook about 3 mins, until the underside is browned and removes easily from the grill. As you remove the dough from the grill, flip it onto a baking sheet sprayed with non-stick cooking spray so that the cooked side is up.
- Spread the sauce over the pizza and evenly cover in mushrooms. Next add the mozzarella cheese.
- Return the pizza to the grill, topping-side up. Close the lid and let cook for 3-5 more mins watching it closely. Once the top crust browns and the cheese melts and begins to bubble it is ready. Let sit for 2-3 mins. Garnish with Parmesan and basil leaves, and slice to serve.



Rustic Oyster Mushroom & Potato Soup

WHAT YOU NEED

- 2 Tbsp unsalted butter
- 1 small yellow onion, diced
- 2 ribs celery, sliced
- 10 oz oyster mushrooms, roughly chopped
- 2 lbs gold potatoes, peeled and diced (about 4 medium potatoes)
- ½ tsp fine sea salt
- ¼ tsp ground black pepper
- 2 Tbsp all-purpose flour
- 4 cups chicken or vegetable stock
- ½ cup half and half, optional
- Chopped celery leaves or fresh parsley for garnish
- Additional salt and pepper to taste, if desired

WHAT YOU DO

- Melt the butter over medium-high heat in a large soup pot. Add the onion and cook for about 5 mins, until it begins to soften and brown. Add the celery and cook about 3 more mins until it softens slightly. Stir in the mushrooms and continue to cook until they darken and shrink, about 3 more mins. Add the potatoes, salt, and pepper. Stir well. Stir in the flour to coat all the ingredients.
- Pour in the stock and bring the soup to a boil. Reduce the heat and simmer, stirring occasionally, for 7-10 mins, until the potatoes are tender. Reduce the heat to low, stir in the cream. Add additional salt and pepper if desired. Remove from the heat and serve garnished with chopped celery leaves or fresh parsley.

Cook Time:
25 mins
Serves 4-6



Cook Time:
10 mins
Serves 10

Oyster Mushroom Toast with Black Pepper Ricotta & Lemon Dressed Microgreens

WHAT YOU NEED

- ¾ cup whole milk ricotta cheese
- 1 Tbsp chopped fresh chives
- ½ tsp fine sea salt
- ½ tsp ground black pepper
- 2½ Tbsp extra virgin olive oil
- 1 small shallot, thinly sliced
- 4 oz oyster mushrooms, finely chopped
- 1 cup multi-colored small cherry tomatoes (about 20 tomatoes)
- ¾ cup microgreens
- 2 tsp fresh lemon juice
- 2 tsp peppery finishing olive oil such as Arbequina
- 10 baguette slices, lightly toasted

WHAT YOU DO

- Stir together the ricotta, chives, ½ tsp fine sea salt, and ¼ tsp of the black pepper in a medium bowl. Cover and set in the refrigerator until ready to assemble the toasts.
- Heat the 2½ Tbsp of olive oil in a large skillet over medium heat. Add the shallot and cook for 90 secs, stirring often. It will brown a bit in the oil as it softens. Add the mushrooms. Cook for 2 more mins, stirring often, until the mushrooms darken and shrink. Add the tomatoes, continue to cook stirring constantly, for about 3 mins, until the tomatoes begin to burst, and the mushrooms are tender. If you have some larger tomatoes mixed in, pricking them with a fork will help them to burst. Remove from the heat and stir in ¼ tsp salt and the remaining ¼ tsp of black pepper.
- Transfer the microgreens to a small bowl. Toss with the lemon juice, olive oil, and the remaining ½ tsp of salt.

Shiitake Mushroom & Smoked Tofu Stir Fry

WHAT YOU NEED

- 1 Tbsp low-sodium soy sauce
- ½ tsp orange zest
- Juice from a medium orange (about ¼ cup)
- ½ tsp honey
- 2 Tbsp olive oil, or other cooking oil
- 1 small onion, chopped
- 1½ cups broccoli florets
- 6 oz shiitake mushrooms, stems removed and sliced
- 2 garlic cloves, minced
- 1 large red bell pepper, chopped
- ½ cup shredded carrots
- 1 cup pea pods
- 7-8 oz smoked tofu, cubed
- 1 Tbsp black sesame seeds
- 1 cup brown rice, cooked according to package directions
- Fine sea salt or soy sauce to taste

WHAT YOU DO

- Whisk together the soy sauce, orange zest, orange juice, and honey in a small dish. Set aside.
- Heat the oil in a large skillet or wok over medium-high heat. Add the onion and cook for 1 min, just until it begins to soften. Add the broccoli and cook for 2 mins, until it turns bright green.
- Stir in the mushrooms and garlic and continue to cook for 1 more min. Add the bell pepper, carrots, and pea pods. Cook 1 more min. The vegetables should brighten, but still be crisp. Pour the orange dressing over the vegetables and stir to mix well. Gently toss in the tofu. Sprinkle with the sesame seeds. Divide the rice into 4 portions. Top each with an equal amount of vegetables and tofu. Add salt or soy sauce to taste, if desired.

Cook Time:
10 mins
Serves 4



Sautéed Beech Mushrooms in Chili Oil

WHAT YOU NEED

- 5 Tbsp extra virgin olive oil
- ½ Tbsp crushed red pepper
- 10oz brown and white beech mushrooms, trimmed and separated
- ¼ tsp fine ground sea salt
- Chopped cilantro for garnish

WHAT YOU DO

- To make the oil, heat 4 Tbsp olive oil in a small saucepan over medium heat for 1-2 mins. Pull it off the heat, just as it threatens to sizzle. Stir in the crushed red pepper. Set aside to cool at least two hours. Transfer it to a glass jar with a lid and let sit for up to 24 hours for even more heat.
- Heat the remaining Tbsp of olive oil in a large skillet over high heat. Add the mushrooms. Cook stirring or tossing constantly for 5 mins, until the mushrooms begin to brown and become tender. Remove from the heat. Sprinkle with salt.
- The chili oil can be strained to reduce the heat or it can be served with the crushed red pepper still in it. Add the desired amount of oil to the mushrooms. Toss well. Garnish with cilantro before serving.

Cook Time:
10 mins
Serves 4-6





Cook Time:
20 mins
Serves 4

Roasted Oyster Mushrooms with Arugula & Walnuts

WHAT YOU NEED

- 10 oz oyster mushrooms, gently separated into large pieces
- 1 Tbsp extra virgin olive oil
- ¼ tsp fine sea salt
- Pinch ground black pepper
- 1 ½ cup packed arugula leaves
- ⅓ cup chopped walnuts, toasted
- Additional olive oil for serving, if desired

WHAT YOU DO

- Preheat the oven to 375°F.
- Spread the mushrooms in a single layer on a rimmed baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Toss gently and spread back into a single layer.
- Roast for 15 mins. Check the mushrooms. If any liquid has formed on the sheet pan, carefully drain it off. Roast the mushrooms for 5-10 more mins, until browned and tender.
- Add the arugula to a serving plate. Top with the mushrooms and toss gently. Sprinkle the walnuts over the salad. Garnish with additional olive oil, if desired. Serve warm or at room temperature.

Shiitake Mushroom Ramen To-Go

WHAT YOU NEED

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

WHAT YOU DO

- Heat olive oil in a medium skillet over medium-high heat. Add mushrooms and cook until browned and tender, 8-10 mins.
- 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 oz of noodles. Lastly, add ¼ cup of diced cucumber and 2 Tbsps 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.



Cook Time:
10 mins
Serves 4

Shrimp & Mushroom Salad

WHAT YOU NEED

10 oz blend of oyster and king trumpet mushrooms
12 large uncooked shrimp, peeled and deveined
Salad greens like baby spinach, spring mix, or arugula
½ cup thinly sliced carrots
½ cup bean sprouts
1 small red onion, sliced crosswise
Toasted sesame seeds for garnish

DRESSING

2 Tbsp each of sesame oil, soy sauce, rice vinegar
½ Tbsp brown sugar
Minced garlic and ginger

WHAT YOU DO

- Heat oven to 425°F.
- Make the dressing, as it doubles as a glaze for the shrimp. Use about ⅓ of the mixture to coat the shrimp. Arrange shrimp in a single layer along with the sliced onions and mushrooms. If needed, slice the king trumpet mushrooms in half lengthwise to lay flat on the sheet pan for better browning. Cook for 12-15 mins or until the shrimp are fully cooked and the mushrooms start to brown. Allow to cool slightly.
- Build your salad: add greens to a pair of bowls and top with carrots, bean sprouts, roasted onions and mushrooms and shrimp. Add the remaining dressing and garnish with sesame seeds for a little extra crunch and flavor.

Cook Time:
15 mins
Serves 2



Maitake Wild Rice Salad

WHAT YOU NEED

½ cup raw walnut pieces
2 Tbsp extra virgin olive oil
2 Tbsp finely chopped yellow onion
6 oz maitake mushrooms, roughly chopped
1 tsp fresh lemon juice
¾ tsp fine sea salt
¼ tsp ground black pepper
1 cup dry wild rice, cooked according to package directions and cooled
1 Tbsp chopped fresh chives

WHAT YOU DO

- Toast the walnut pieces over medium-high heat in a large, dry skillet. Stir often and cook for 3 mins, or until you begin to smell their nutty aroma. Remove from the heat and transfer the nuts to a bowl to cool.
- Add the olive oil to the skillet and return it to medium heat. Add the onions. Cook, stirring often for 1 min. The onion will begin to turn golden brown in spots as it cooks in the oil. Stir in the mushrooms and cook for about 2 mins. They will soften and shrink, but still have a somewhat firm bite. Stir in the walnuts and cook for another 30 secs.
- Remove the skillet from the heat and add the lemon juice, salt, and pepper. Stir well and let cool to room temperature. Transfer the rice to a large bowl. Add the mushrooms. Toss to mix the ingredients. Sprinkle with chives before serving at room temperature or chilled.

Cook Time:
15 mins
Serves 6



Lion's Mane Orange "Chicken" Rice Bowls

WHAT YOU NEED

- ¾ cup orange juice
- ⅓ cup orange marmalade
- 1 Tbsp soy sauce
- 2 cups vegetable oil, for frying
- 2 cups all-purpose flour, divided
- ½ cup whole milk
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- 8 oz Lion's Mane mushrooms, cut into bite-sized pieces
- 2 cups cooked white rice, kept warm for serving
- 1 cup steamed broccoli florets, kept warm for serving



WHAT YOU DO

- Combine orange juice, marmalade and soy sauce in a small saucepan over medium-high heat. Bring mixture to a boil, then reduce heat to medium-low and simmer until thickened, about 5-7 mins. Transfer glaze to a large heat-proof bowl and set aside.
- Heat vegetable oil to 350°F in a large skillet over medium-high heat. Meanwhile, combine 1 cup of flour, milk, salt and pepper in a shallow bowl. Whisk until smooth. Place remaining flour into a separate shallow bowl. Dredge mushroom pieces one at a time, first into batter mixture, then coating with flour.
- Carefully place battered mushroom pieces into hot oil and fry until golden-brown and crispy, about 3-4 mins per side. Remove and place onto a paper towel-lined plate to drain. Transfer mushrooms to bowl with reserved orange glaze, and toss to coat. To serve, divide rice evenly among 2 bowls and top with orange-glazed mushrooms and steamed broccoli.

NOTE: Combine orange juice, marmalade and soy sauce in a small saucepan over medium-high heat. Bring mixture to a boil, then reduce heat to medium-low and simmer until thickened, about 5-7 mins. Transfer glaze to a large heat-proof bowl and set aside.

