

# Shroomify Anything!

## 1. What dish do you want to shroomify?

*E.g. coq au vin, pot roast, char siu, carnitas, shepherd's pie, corn dogs*

---

## 2. Choose your player!

<p><b>Cremini</b> Also known as button mushrooms or portobellos based on their maturity. Try roasting some (whole or in chunks) and store in the fridge to easily toss into a dish or blend into an earthy, umami-rich sauce.</p>	<p><b>Shiitake</b> Separate the caps from the stems and slice off the very end of the stem, then save the stems for stock/dashi OR shred them up with your fingers and cook along with the caps OR dry them and grind into an umami seasoning.</p>
<p><b>Oyster</b> Oysters keep their texture well through cooking, and can be very meaty if you use big pieces (see the sauté method). You can also shred them with a fork to make pulled pork.</p>	<p><b>King Oyster (King Trumpet)</b> The unique texture of these mushrooms makes them so versatile. Slice thinly, then marinate and bake to make bacon or shred them with a fork to make pulled pork.</p>
<p><b>Lion's Mane</b> Furry white clumps that taste a little like crab or chicken and have a meat-like texture. They shrink during cooking, so try to keep them in large pieces or thickly cut steaks.</p> <p>Lion's mane can be bitter if it's not cooked all the way through, so blanch or cook on both sides on a dry cast-iron before you sauté, grill, or deep-fry.</p>	<p><b>Maitake (Hen of the Woods)</b> Rich in flavor and difficult to cultivate, which is why they can be so expensive. The frilly fronds get crispy-brown under high heat while the rest stays soft and chewy.</p> <p>Maitake are a beautiful centerpiece to a dish, so try to keep them whole (roasting is a good method).</p>
<p><b>Enoki</b> These thin white mushrooms are often found in Asian supermarkets, and typically used in soups or hot pot. Their flavor isn't super strong, so use them as an accompaniment or add a marinade or spices. They can be eaten raw or with brief cooking but also crisp nicely when grilled.</p>	<p><b>Beech (Shimeji)</b> These are small mushrooms with a strong, nutty flavor, which makes them good as a topping or piled into a taco. They retain their texture even when cooked for a long time.</p>
<p><b>Tempeh</b> It's not a mushroom, but it is mycelium! Crumbled tempeh is the best replacement for ground beef. Steam or simmer in marinade first (if frozen) and cook in lots of fat to get it brown and crispy.</p>	

*Tip: If you're eating a large piece of mushroom in place of meat, assume 1/3 - 1/2 lb per serving.*

### 3. Choose your method of preparation!

<p><b>Sauté</b>  <i>Hot pan, add fat, add mushroom.</i> You can cook almost any mushroom this way, and you can keep your beautiful oyster or maitake in big pieces to enjoy their texture. Let them brown first in butter or oil, then add salt at the end, along with fresh herbs and aromatics. At the end of sautéing, try adding minced garlic, parsley, salt, and truffle oil, then cover the pan for 5-10 minutes, to end up with a delicious broth.</p> <p>You can put a grill press or cast iron pan on top of mushrooms (lion's mane, oyster) during cooking, for a chewier texture and better sear.</p>	<p><b>Roast/Bake</b>  Toss the mushrooms whole or in big pieces with oil, maybe balsamic vinegar, herbs/spices and a <i>little</i> salt, and roast in a hot oven (&gt;400°F) for 30-45 minutes, until most of the liquid is gone and they're beginning to get crispy.</p> <p>Baking is similar to roasting, but at a slightly lower heat (~375°F). You can bake thinly sliced and marinated king oyster mushrooms to make a kind of bacon or shredded mushrooms tossed with BBQ spices for pulled pork.</p>
<p><b>Grill</b>  Toss the mushrooms in a marinade or just oil and cook directly on the hot grill. You can skewer cremini or small clumps of lion's mane, or even enoki (with cumin and chili powder, mmm).</p>	<p><b>Braise</b>  Sauté the mushrooms to get them browned, then add a liquid along with other flavorings/vegetables and simmer together for 1-3 hours.</p> <p>This can be a good way to cook dried mushrooms — rehydrate them in water, sauté, then braise in the soaking liquid so you don't lose any mushroom flavor.</p>
<p><b>Batter &amp; Fry</b>  This is great for large mushrooms (a big piece of lion's mane or portobello) but you can also deep-fry small ones, like shimeji. For big mushrooms, coat the pieces in flour, then egg, then breadcrumbs or panko. For small mushrooms, go with a lighter tempura-style batter, like a mix of flour, cornstarch, seltzer, and vodka.</p>	<p><b>En Papillote</b>  A great way to cook fresh/fancy mushrooms when you want every bit of the taste and aroma. Toss the mushrooms with olive oil, salt and pepper, fresh herbs, maybe minced garlic or pearl onions. Mound onto parchment paper (1 serving per parcel) and fold to enclose fully (staple if you need to). Bake at 450°F for 20 minutes, then open the parcels tableside.</p>
<p><b>Marinades and Dry Rubs</b>  Try marinating lion's mane or oyster in any marinade normally made for chicken. Many mushrooms (portobello, shiitake) also hold up well to dry rubs. Toss them with a spice mix and let sit for 15 minutes or more before roasting/grilling.</p>	

*Tip: Salt draws the water out of mushrooms, so if you want them to brown on the outside and stay juicy inside, don't add it until the end.*

### 4. What will you name your recipe?

---