

Shroomify Anything!

1. What dish do you want to shroomify?

E.g. chocolate cake, alfajores, fruitcake, tiramisu, rocky road ice cream, cannoli, pavlova

2. Choose your player!

<p>Cremini Also known as button mushrooms or portobellos based on their maturity. Use roasted or sautéed cremini to infuse cream, along with more-expensive dried porcini.</p>	<p>Shiitake Make shiitake cookies using the <i>Caramelized bits</i> method. Shiitake could also work in a caramel, or might pair well in a recipe that uses black sesame.</p>
<p>Porcini (dried) Porcini adds an instant umami hit that can be a savory counterbalance in something sweet. Use it for infusions, add the powder to batter, or sprinkle it on chocolate truffles.</p> <p>Dried porcini is delicious in shortbread — pulse it with the other ingredients in a food processor to break it down without becoming a powder.</p>	<p>Chaga (powdered) Substitute chaga in recipes that use coffee, like tiramisu or chocolate cake. It has a similar sort of bitterness and adds complexity and depth, especially to chocolate-based desserts.</p> <p>You can brew a small cup of chaga tea and strain out the powder, or just add the powder right into a batter or dough.</p>
<p>Candy Cap (dried) Candy cap can be difficult to find outside of the Pacific Northwest, but is unparalleled in its sweet maple-like aroma. Similar to vanilla, it can help accentuate sweetness.</p> <p>Because of its delicate flavor and high cost, use it in desserts with simple flavors, like crème brûlée, maple ice cream, or rice pudding.</p>	<p>Lion's Mane (powdered) Lion's mane powder is earthy and a bit sweet. Adding a little powder won't change the overall flavor of your dish but can add some earthy depth. It's great in cookies or brownies, especially when combined with other savory ingredients like nuts, tahini, or black sesame.</p>
<p>Beech (Shimeji) These small mushrooms keep their shape well, so can be candied to make a sweet garnish for a cake or “dirt” pudding cup.</p>	

Tip: Store dried mushrooms/powders in airtight containers (vacuum-sealed is best) in a cool, dark place

3. Choose your method of preparation!

<p>Caramelized bits</p> <p>These chewy pieces of sweet-savory mushroom can replace dried fruit in cookies or bread.</p> <p>Try this with shiitake, sliced into thin ½” long slices. Sear the pieces on a hot oiled pan, add a pinch of salt and cook out the water, then add a spoonful or more of sugar and mix to coat fully. Cook until the mushrooms are well-browned.</p>	<p>Candied</p> <p>Candied mushrooms make a nice garnish or can top chocolate bark.</p> <p>Make a vanilla simple syrup using equal parts water and sugar and simmer some small mushrooms in it for 1-2 hours, until the syrup is reduced by half. Dry out the mushrooms on a cooling rack for several hours or overnight.</p>
<p>Infused cream</p> <p>There’s so much you can make with an infused mushroom cream: chocolate ganache, pastry cream, mousse, tres leches, caramel (see below), or just whip it up. You can also infuse coconut cream, though it won’t whip as well.</p> <p>Sauté cremini mushrooms in butter, then add heavy cream and a small handful of dried porcini or candy cap mushrooms. Heat just until it comes to a simmer, then remove. Once cooled, store the cream with the mushrooms in a sealed container in the fridge for up to a week. When you’re ready to use, strain out the mushroom solids.</p>	<p>Mushroom butter</p> <p>Use this in place of butter in a dessert recipe or as the base for buttercream frosting. You can also add a little maple syrup to make it sweeter.</p> <p>Rehydrate a handful of dried porcini in a small pot with just enough cream to cover it. Bring to boil, then let cool to room temperature. Run an immersion blender through to break up the mushroom pieces, then add chunks of room temp butter and keep blending until you have a fluffy uniform mixture. Spread out on plastic wrap and wrap into a log. Store in the fridge for a week or a couple months in the freezer.</p>
<p>Caramel sauce</p> <p>Use the infused mushroom cream above with an equal amount of sugar to make a caramel sauce.</p> <p>In a small pot over medium heat, combine sugar with enough water to cover and about a third as much corn syrup. Simmer, stirring occasionally and brushing down the sides of the pot with a wet pastry brush, until the sauce is deep amber-brown. Mix in the mushroom cream, cool briefly, then stir in salt (and/or miso) and butter.</p>	<p>Simple Syrup</p> <p>Soak dried candy caps in water overnight. Blend together, then put in a saucepan and add an equal amount of sugar. Bring to a boil and simmer for 5 minutes. Strain out the solids if you want.</p>
<p>Using Powders</p> <p>The easiest way to incorporate mushrooms into desserts like cake or cookies is just to add powder into the batter (you can grind dried mushrooms in a coffee grinder to make a powder yourself). For average baking batches (e.g. 2 dozen small cookies, or 1 tray of brownies), you probably need at least 2 tablespoons of a strong mushroom like chaga for the taste to come through. This amount shouldn’t really affect the bake, though you could remove 2 tablespoons of flour if you’re concerned.</p>	

4. What will you name your recipe?