



## “STEAK” MUSHROOMS

These mushrooms are very versatile. The recipe was inspired by a customer who bought mushrooms and paused a moment to chat. She said that when she was a child, her family used to gather oyster mushrooms in the forest and “cook them like skirt steak”. I wondered what that would be like. After I found out how good that could be, I experimented with a vegan version. Using super large mushrooms is really fun with this. We have eaten them as the main, sliced them and used them in tacos and burritos—and on top of pizza. KC

### INGREDIENTS:

4 oz large Oyster mushrooms  
1 1/2 cups water + 1 1/2 tsp of Marmite or Vegemite  
1/8 tsp sugar  
1 tsp soy sauce  
1 tsp McCormick’s Grill Mate Hamburger Seasoning (or your favorite grilling spice mixture)  
1/2 tsp salt  
1 tbsp olive oil & 1 tbsp of a rich fat for cooking (i.e. Coconut oil)



### INSTRUCTIONS:

Separate the mushroom cluster into individual mushrooms. Heat the water and marmite, soy sauce, sugar, salt, and grill seasoning in a pan till just boiling. Turn off the heat. Submerge the mushrooms and make sure that all of the mushrooms are covered. Cover the pan and let them sit for 20 minutes. Remove from the marinade and dry on paper towels. Pan fry with olive oil and fat till nicely browned on either side (Approximately 2 minutes per side). Salt and pepper to taste. Enjoy! Using the leftover marinade to cook your potatoes will add great flavor to mashed potatoes, if you want them as accompaniment.



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