



FOUR WALL FARM GOURMET MUSHROOMS

STEAK MUSHROOMS

These could be the mushrooms that go with a delicious grilled steak, or they can become steak themselves. 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’ve also sliced them and used them in tacos—KC

INGREDIENTS:

4 oz large Oyster mushrooms, pearl, blue, or phoenix
1 1/2 cup beef stock*
1 tsp Worcestershire sauce*
1 tsp soy sauce
1 tsp McCormick’s Grill Mate Hamburger Seasoning (or your favorite grilling spice mixture)
1/2 tsp salt

*VEGAN VERSION:

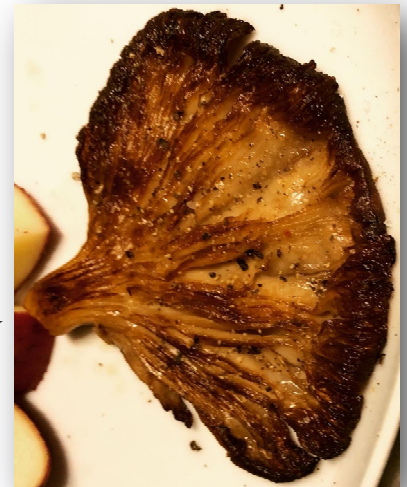
Substitute 1 1/2 cups of water + 1 1/2 tsp of Marmite**
Substitute 1/8 tsp sugar
Eliminate butter for cooking and substitute a rich fat

**Marmite is a British condiment. Ordering it from Amazon is easiest



INSTRUCTIONS:

Separate the mushroom cluster into individual mushrooms. Heat the broth (or water and marmite), soy sauce, Worcestershire sauce (if using) 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 butter* 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.



Find more gourmet mushroom recipes:

Mushroom Toast Phoenix Mushroom Po’Boy
King Trumpet Ceviche Lion’s Mane Mushroom No-Crab Cakes

And MORE at www.4wallfarm.com