



There are many ways to cook mushrooms and if you already have a favorite way, that's fine! We love mushrooms and we believe that you should make them however you like. Here are two simple ways that we like to cook them.

Processing:

Mushrooms should never be washed, they will get waterlogged and won't be as tasty. If there's dirt on them, just use a moist towel or napkin to wipe them clean. With oyster mushrooms just chop off about an inch of the base where they are tough and discard or freeze for soup broth. Slice or tear mushrooms to desired thickness.

Method 1: Dry Sauté – Use this method within a couple days of getting mushrooms when they are still moist. If mushrooms are beginning to dry out, method two is recommended.

1. Heat a medium -large skillet over high heat on the stove top.
2. Once it is hot, toss mushrooms into dry hot pan.
3. Reduce heat slightly to med/high and stir relatively frequently adding a good pinch of salt and pepper and any other seasoning if desired. Mushrooms should begin to release moisture that they will cook in. You are looking for the mushrooms to release moisture and get lightly brown, not too dark.
4. Cook for 5-10min until mushrooms have released most of their moisture and are tender.
5. At this point, the mushrooms are cooked and ready to eat or add to a dish.
Optional: Add a little butter or oil to the mushrooms right at the end before removing from the pan.

Method 2: Wet Sauté/Fried – Use this method if mushrooms are more than a few days old and/or are beginning to dry out. Some people like to do an extra step and flour or bread mushrooms for this method but is not needed.

1. For this method you are going to heat a thin layer of butter or oil in a medium-large skillet over high heat on the stove top (do not burn butter!).
2. Once it is hot toss mushrooms into oil/buttered skillet, ideally you will hear a sizzle when they enter the pan.
3. Reduce heat slightly and stir frequently for about 5min, adding salt, pepper and other seasonings if desired.
4. Look for a slight golden color on the outside and a slightly crispy surface. Remove from pan at this point and add to a recipe, sprinkle on top of your favorite dish or eat them as crispy snack!