

FAE & FUNGI | THE MARKET KITCHEN SERIES

Blue Oyster Mushrooms

Meaty texture, quick browning, bold weeknight flavors

FIVE ORIGINAL RECIPES

FRESH MUSHROOMS / SIMPLE TECHNIQUE / BIG FLAVOR

A good place to start

Five original recipes for blue oyster mushrooms. Separate the caps and tender stems into bite-size clusters. Use a wide hot pan and work in batches: crowding traps steam and softens the edges. Trim any tough base before cooking.

Before you cook

- Keep fresh mushrooms refrigerated at 40 F (4 C) or below.
- Wash produce under running water before preparing it; dry mushrooms thoroughly before browning.
- Cook mushrooms until tender and steaming hot throughout.
- Refrigerate leftovers promptly in shallow containers and use within 3 to 4 days.

A note on the recipes

Amounts are written for home kitchens. Salt levels vary by broth and soy sauce, so taste near the end and adjust. A wide skillet and uncrowded batches are the easiest way to get browned, flavorful mushrooms.

01 / Blue Oyster Shawarma Grain Bowls

Warm spices, cool cucumber, and a lemony yogurt sauce.

4 | 20 minutes prep | 20 minutes cook

Ingredients

- 1 lb blue oyster mushrooms, torn into bite-size clusters
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp paprika
- 1/4 tsp cinnamon
- 3/4 tsp salt
- 2 cups cooked rice or bulgur
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/4 small red onion, thinly sliced
- 1/2 cup plain yogurt
- 1 tbsp lemon juice
- 2 tbsp chopped mint or parsley

Method

1. Mix cumin, coriander, paprika, cinnamon, and salt. Toss mushrooms with oil and half the spice mixture.
2. Heat a broad skillet over medium-high. Cook mushrooms in two batches, spreading them in one layer. Let them brown undisturbed 3 minutes, then turn and cook 3 to 4 minutes more until tender and browned.
3. Stir remaining spice mixture into yogurt with lemon juice and 1 tablespoon water to make a drizzle. Season to taste.
4. Divide grain among bowls. Top with mushrooms, cucumber, tomatoes, onion, and herbs. Spoon over lemon yogurt.

02 / Lemon-Garlic Blue Oyster Pasta

A fast pasta supper with parsley, lemon, and toasted crumbs.

4 | 10 minutes prep | 20 minutes cook

Ingredients

- 12 oz dried pasta
- 12 oz blue oyster mushrooms, torn into strips
- 3 tbsp olive oil, divided
- 3 garlic cloves, thinly sliced
- 1/2 tsp chili flakes, optional
- 1/2 cup pasta cooking water, as needed
- 1 lemon, zest and 2 tbsp juice
- 1/3 cup finely grated hard cheese
- 1/3 cup chopped parsley
- 1/3 cup coarse breadcrumbs
- Salt and black pepper

Method

1. Cook pasta in well-salted water until just tender. Reserve 1 cup pasta water, then drain.
2. Meanwhile toast breadcrumbs in 1 tablespoon oil over medium heat, stirring often, until golden. Transfer to a bowl.
3. Heat remaining oil in a wide skillet over medium-high. Add mushrooms in batches and cook 5 to 7 minutes until browned and tender. Add garlic and chili flakes; cook 30 seconds.
4. Add drained pasta and 1/2 cup pasta water to the skillet. Toss over medium heat. Stir in lemon zest, juice, cheese, parsley, and black pepper. Add more pasta water as needed for a glossy coating. Top with crumbs.

03 / Crispy Blue Oyster Lettuce Wraps

Golden mushroom clusters with a fresh, crunchy filling and ginger-lime dressing.

4 | 20 minutes prep | 18 minutes cook

Ingredients

- 1 lb blue oyster mushrooms, torn into small clusters
- 2 tbsp cornstarch
- 1/2 tsp salt
- 3 tbsp neutral oil
- 1 tbsp soy sauce
- 1 tsp grated fresh ginger
- 1 tbsp lime juice
- 1 tsp honey or maple syrup
- 1 head butter lettuce, leaves separated
- 1 carrot, cut into thin matchsticks
- 1/2 red bell pepper, thinly sliced
- 2 scallions, thinly sliced
- 2 tbsp chopped roasted peanuts, optional

Method

1. Pat mushrooms dry. Toss with cornstarch and salt until lightly coated. Shake off excess.
2. Heat 2 tablespoons oil in a large skillet over medium-high. Cook mushrooms in batches, turning occasionally, until crisp at the edges and cooked through, about 6 to 8 minutes per batch. Add the last oil as needed.
3. Whisk soy sauce, ginger, lime juice, honey, and 1 tablespoon water. Toss hot mushrooms with half the dressing.
4. Arrange lettuce leaves on a platter. Fill with mushrooms, carrot, pepper, and scallions. Drizzle with remaining dressing and finish with peanuts.

04 / Blue Oyster Coconut Curry

A gentle, fragrant coconut curry served over rice with lime and herbs.

4 | 15 minutes prep | 25 minutes cook

Ingredients

- 1 lb blue oyster mushrooms, separated into bite-size pieces
- 1 tbsp neutral oil
- 1 medium onion, thinly sliced
- 1 tbsp grated fresh ginger
- 2 garlic cloves, minced
- 1 tbsp mild curry powder
- 1/2 tsp turmeric
- 1 can (13.5 oz) coconut milk
- 1 cup vegetable broth
- 1 red bell pepper, thinly sliced
- 2 cups baby spinach
- 1 tbsp lime juice
- Salt to taste
- Cooked rice and chopped cilantro, to serve

Method

1. Heat oil in a deep skillet over medium-high. Brown mushrooms in two batches, 4 to 5 minutes each; transfer to a plate.
2. Lower heat to medium. Cook onion 4 minutes. Add ginger and garlic for 30 seconds, then stir in curry powder and turmeric for 20 seconds.
3. Pour in coconut milk and broth. Add bell pepper and bring to a gentle simmer. Cook 8 minutes until pepper is just tender.
4. Return mushrooms to the pan and simmer 4 minutes. Fold in spinach until wilted. Finish with lime and salt to taste. Serve over rice with cilantro.

05 / Smoky Blue Oyster Sandwiches

A satisfying hot sandwich with smoky mushrooms and tangy cabbage slaw.

4 | 20 minutes prep | 20 minutes cook

Ingredients

- 1 lb blue oyster mushrooms, torn into strips
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp ground black pepper
- 1/2 tsp salt
- 1 tbsp soy sauce
- 1 tbsp apple cider vinegar
- 4 sturdy sandwich rolls
- 2 cups thinly sliced cabbage
- 1 small carrot, grated
- 2 tbsp mayonnaise
- 1 tsp mustard
- 1 tsp lemon juice

Method

1. Mix cabbage, carrot, mayonnaise, mustard, and lemon juice. Season with a pinch of salt and set aside.
2. Toss mushrooms with oil, paprika, garlic powder, pepper, and salt. Heat a large skillet over medium-high and cook mushrooms in batches until browned and tender, 6 to 8 minutes.
3. Add soy sauce and vinegar to the skillet. Toss 30 seconds until the liquid coats the mushrooms and mostly evaporates.
4. Toast rolls if desired. Pile mushrooms onto rolls and top generously with slaw. Serve while hot.

Kitchen notes and recipe use

These recipes are original text prepared for Fae & Fungi. They use generic ingredient names and do not reproduce third-party recipe text or endorse branded products. Recipe names are descriptive. This statement describes the creation of this booklet; it is not a legal clearance opinion for a name, logo, label, or business mark.

Storage and safe handling

Keep fresh mushrooms refrigerated at 40 F (4 C) or below. Rinse under running water before preparation, then dry well for better browning. Cook shiitake thoroughly rather than serving it raw or lightly cooked. Refrigerate cooked leftovers promptly and use within 3 to 4 days.

Sources for the safety notes

• U.S. Food and Drug Administration, Selecting and Serving Produce Safely: www.fda.gov/food/buy-store-serve-safe-food/selecting-and-serving-produce-safely

• Nguyen et al., Shiitake Mushroom Dermatitis: A Review, PubMed PMID 27566177: pubmed.ncbi.nlm.nih.gov/27566177/

• USDA Food Safety and Inspection Service, Leftovers and Food Safety: www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety

Cook with care. Share generously.

Possible wellness benefits

Blue Oyster Mushrooms

Commonly suggested benefits

- May support heart health and healthy cholesterol
- May help maintain balanced blood sugar
- Adds fiber and other nutrients to meals

These are possible benefits being studied for oyster mushrooms. Research is still developing, and it does not show that eating these recipes will lower cholesterol or blood sugar.

Disclaimer

These are possible or traditionally claimed benefits, not guaranteed effects. Research has not proven that these mushrooms prevent or treat disease, and recipe servings may differ from amounts studied. Enjoy them as food; do not replace medical care or prescribed treatment. Ask a healthcare professional before using concentrated mushroom supplements.

Research links

USDA FoodData Central

Oyster mushroom research review (PubMed 32316680)