

FAE & FUNGI | THE MARKET KITCHEN SERIES

Pearl Oyster Mushrooms

Delicate clusters with crisp edges and a gentle, savory finish

FIVE ORIGINAL RECIPES

FRESH MUSHROOMS / SIMPLE TECHNIQUE / BIG FLAVOR

A good place to start

Five original recipes for pearl oyster mushrooms. Trim the dense base, then separate clusters by hand. Their delicate caps cook quickly, so brown them in a hot, roomy pan and add salt after they have started to color. Cook until tender and steaming hot throughout.

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 / Pearl Oyster Piccata

Bright lemon, capers, and parsley over browned mushroom clusters.

4 | 15 minutes prep | 20 minutes cook

Ingredients

- 1 lb pearl oyster mushrooms, trimmed and separated into clusters
- 2 tbsp olive oil
- 1/2 tsp salt
- Black pepper
- 1 small shallot, minced
- 1/2 cup vegetable broth
- 2 tbsp lemon juice
- 1 tbsp capers, drained
- 2 tbsp butter
- 2 tbsp chopped parsley
- Cooked pasta, polenta, or crusty bread, to serve

Method

1. Pat mushrooms dry. Heat olive oil in a wide skillet over medium-high. Add mushrooms in a single layer and cook 3 minutes without moving; turn and cook 3 to 4 minutes until browned and tender. Season with salt and pepper; transfer to a plate.
2. Lower heat to medium. Add shallot and cook 1 minute. Pour in broth and lemon juice, scraping up browned bits. Add capers and simmer 2 minutes.
3. Whisk in butter until the sauce looks glossy. Return mushrooms and any juices to the pan; toss 1 minute to heat through.
4. Finish with parsley and serve over pasta or polenta, or with bread to catch the sauce.

02 / Ginger-Sesame Pearl Oyster Dumplings

Crisp-bottomed dumplings filled with finely chopped mushrooms and cabbage.

4, makes about 24 dumplings | 30 minutes prep | 20 minutes cook

Ingredients

- 8 oz pearl oyster mushrooms, very finely chopped
- 1 cup finely chopped napa or green cabbage
- 2 scallions, thinly sliced
- 1 tbsp neutral oil, plus more for the pan
- 1 tsp grated fresh ginger
- 1 garlic clove, minced
- 1 tbsp soy sauce
- 1 tsp rice vinegar
- 24 round dumpling wrappers
- 1/3 cup water for steaming
- For dipping: 2 tbsp soy sauce, 1 tbsp rice vinegar, 1 tsp sesame oil

Method

1. Heat 1 tablespoon oil in a skillet over medium-high. Cook mushrooms 5 minutes until their moisture evaporates. Add cabbage, scallions, ginger, and garlic; cook 2 minutes. Stir in soy sauce and vinegar, then cool completely.
2. Place a teaspoon of filling in the center of each wrapper. Wet the edge with water, fold in half, and press firmly to seal, pleating if desired. Keep wrappers covered while working.
3. Heat a thin film of oil in a lidded nonstick skillet over medium. Arrange dumplings flat-side down and cook 2 minutes until the bottoms are golden. Carefully add 1/3 cup water and cover immediately.
4. Steam 5 to 6 minutes, until wrappers are tender and filling is steaming hot. Uncover and cook until remaining water evaporates. Mix dipping ingredients and serve.

03 / Pearl Oyster and White Bean Stew

A pantry-friendly pot with tomato, rosemary, and tender beans.

4 | 15 minutes prep | 30 minutes cook

Ingredients

- 1 lb pearl oyster mushrooms, trimmed and separated
- 2 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 garlic cloves, minced
- 1 tbsp tomato paste
- 1 tsp chopped rosemary
- 1 can (15 oz) cannellini beans, drained and rinsed
- 1 can (14.5 oz) diced tomatoes
- 2 cups vegetable broth
- 2 cups chopped kale
- 1 tsp red wine vinegar
- Salt and black pepper
- Grated hard cheese, optional

Method

1. Heat 1 tablespoon oil in a Dutch oven over medium-high. Brown mushrooms in batches, 4 to 5 minutes each. Transfer to a plate.
2. Add remaining oil, onion, and carrots. Cook 5 minutes. Stir in garlic, tomato paste, and rosemary for 1 minute.
3. Add beans, tomatoes, and broth. Bring to a simmer and cook 12 minutes. Stir in kale and cook 4 minutes until tender.
4. Return mushrooms to the pot and simmer 3 minutes. Finish with vinegar, salt, and pepper. Serve with a little grated cheese if desired.

04 / Crisp Pearl Oyster Tostadas

Paprika-lime mushrooms on crunchy tortillas with avocado and cabbage.

4, 2 tostadas each | 15 minutes prep | 20 minutes cook

Ingredients

- 1 lb pearl oyster mushrooms, trimmed and torn into small pieces
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- 8 small corn tortillas
- 1 can (15 oz) black beans, drained and rinsed
- 1 tbsp water
- 1 avocado, diced
- 1 cup shredded cabbage
- 2 tbsp lime juice
- 2 tbsp chopped cilantro
- Plain yogurt or sour cream, optional

Method

1. Heat oven to 400 F. Brush tortillas lightly with oil and bake on a sheet pan 7 to 9 minutes, turning once, until crisp. Watch closely near the end.
2. Warm beans with water in a small saucepan; mash lightly with a fork and season with a pinch of salt.
3. Toss mushrooms with oil, cumin, paprika, and salt. Brown in a wide skillet over medium-high, in batches, 5 to 7 minutes until tender and browned at the edges.
4. Spread beans on crisp tortillas. Top with mushrooms, avocado, cabbage, lime juice, cilantro, and a small spoon of yogurt if using.

05 / Pearl Oyster and Herb Risotto

Silky rice, browned mushrooms, and a finish of lemon and fresh herbs.

4 | 15 minutes prep | 35 minutes cook

Ingredients

- 12 oz pearl oyster mushrooms, trimmed and separated
- 1 tbsp olive oil
- 1 tbsp butter, divided
- 1 small onion, finely diced
- 1 1/2 cups short-grain risotto rice
- 1/2 cup dry white wine or extra broth
- 5 cups warm vegetable broth
- 1/2 cup finely grated hard cheese
- 1 tbsp chopped chives
- 1 tbsp chopped parsley
- 1 tsp lemon zest
- Salt and black pepper

Method

1. Warm broth in a saucepan and keep at a low simmer. Heat oil and half the butter in a heavy pot over medium-high. Brown mushrooms in batches, 4 minutes each; transfer to a plate.
2. Reduce heat to medium. Cook onion with a pinch of salt until soft, about 4 minutes. Add rice and stir 1 minute until the grains look glossy. Add wine and stir until almost absorbed.
3. Add warm broth about 3/4 cup at a time, stirring regularly and allowing most liquid to absorb before adding more. Continue 18 to 22 minutes, until rice is creamy with a slight bite.
4. Fold in mushrooms, remaining butter, cheese, chives, parsley, lemon zest, and pepper. Taste and adjust salt. Rest 2 minutes, then serve.

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

Pearl 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. Findings may not apply equally to every oyster type or strain, and eating these recipes is not a treatment.

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)