

FAE & FUNGI | THE MARKET KITCHEN SERIES

# Shiitake Mushrooms

Deep umami, tender caps, and crisp edges

## FIVE ORIGINAL RECIPES

FRESH MUSHROOMS / SIMPLE TECHNIQUE / BIG FLAVOR

# A good place to start

Five original recipes for fresh shiitake mushrooms, from a quick skillet toast to a slow, comforting pie. Trim the tough stems and save them for broth. Rinse briefly under cool running water if needed, then dry well so the mushrooms brown instead of steam.

### 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 / Brown Butter Shiitake and Sage Toast

Crisp mushrooms, nutty butter, and lemon on warm country bread.

**2 as a light meal | 10 minutes prep | 15 minutes cook**

## Ingredients

- 8 oz fresh shiitake mushrooms, stems removed, caps sliced 1/4 inch thick
- 2 thick slices country-style bread
- 2 tbsp unsalted butter
- 1 tbsp olive oil
- 1 small shallot, finely chopped
- 8 fresh sage leaves, thinly sliced
- 1 tsp lemon zest, plus 1 tsp juice
- 1/4 tsp fine salt, plus more to taste
- Black pepper
- 2 tbsp soft goat cheese or ricotta (optional)

## Method

1. Toast the bread until deeply golden. If using cheese, spread a thin layer on each slice.
2. Warm the olive oil and 1 tablespoon butter in a wide skillet over medium-high heat. Add shiitakes in a single layer; cook 4 minutes without crowding, then toss and cook 3 to 4 minutes until browned and tender.
3. Lower heat to medium. Add shallot, sage, salt, and several grinds of pepper. Cook 1 minute. Add the remaining butter and let it foam and turn hazelnut-brown, about 1 minute, swirling the pan.
4. Remove from heat. Stir in lemon zest and juice. Spoon the mushrooms and browned butter over toast. Serve immediately.

# 02 / Ginger Shiitake Noodle Bowls

A savory, weeknight bowl with greens and a bright lime finish.

**4 | 15 minutes prep | 20 minutes cook**

## Ingredients

- 12 oz fresh shiitake mushrooms, stems removed and caps sliced
- 8 oz wheat or rice noodles
- 1 tbsp neutral oil
- 1 tbsp finely grated fresh ginger
- 2 garlic cloves, finely chopped
- 3 tbsp reduced-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tsp honey or brown sugar
- 4 cups low-sodium vegetable broth
- 4 cups baby spinach or chopped bok choy
- 2 scallions, thinly sliced
- 1 lime, cut into wedges
- 1 tsp toasted sesame seeds

## Method

1. Cook noodles according to package directions. Drain and divide among four bowls.
2. Heat oil in a large pot over medium-high. Add shiitakes and cook 6 to 8 minutes, stirring occasionally, until browned and tender. Add ginger and garlic; stir for 30 seconds.
3. Add soy sauce, vinegar, honey, and broth. Bring to a simmer and cook 5 minutes. Stir in spinach or bok choy and cook until just wilted, 1 to 2 minutes.
4. Ladle broth and mushrooms over noodles. Finish with scallions, sesame seeds, and lime. Taste the broth before adding salt; soy sauce varies in saltiness.

# 03 / Shiitake and Barley Risotto

Chewy barley makes a satisfying, make-ahead-friendly alternative to rice.

**4 | 15 minutes prep | 45 minutes cook**

## Ingredients

- 10 oz fresh shiitake mushrooms, stems removed and caps quartered
- 1 cup pearled barley, rinsed
- 1 tbsp olive oil
- 1 tbsp butter
- 1 medium yellow onion, finely diced
- 1/2 cup dry white wine or extra broth
- 5 cups warm low-sodium vegetable broth
- 1/2 cup finely grated hard cheese
- 1 tsp fresh thyme leaves
- 1 tbsp lemon juice
- Salt and black pepper

## Method

1. Warm the broth in a saucepan and keep it at a low simmer. In a heavy pot, heat the oil and butter over medium-high. Brown the shiitakes in batches, 5 to 7 minutes total; transfer to a plate.
2. Reduce heat to medium. Cook onion with a pinch of salt until soft, about 5 minutes. Stir in barley and thyme for 1 minute. Add wine and cook until nearly absorbed.
3. Add warm broth about 3/4 cup at a time, stirring regularly and letting most liquid absorb before the next addition. Continue 35 to 40 minutes, until barley is tender but pleasantly chewy. Add water if the pot dries before barley is tender.
4. Fold in shiitakes, cheese, and lemon juice. Season with pepper and salt to taste. Rest 2 minutes before serving.

# 04 / Herbed Shiitake Stuffed Caps

A crisp breadcrumb top and aromatic filling turn large caps into a simple starter.

**4 as a starter | 15 minutes prep | 20 minutes cook**

## Ingredients

- 12 large shiitake caps, stems removed and reserved for another use
- 1 tbsp olive oil, plus a little for the pan
- 1/2 cup finely chopped onion
- 1 garlic clove, minced
- 1/2 cup fine plain breadcrumbs
- 1/4 cup finely grated aged hard cheese
- 2 tbsp chopped parsley
- 1 tsp chopped fresh thyme
- 1 tbsp lemon juice
- 2 tbsp water or vegetable broth
- Salt and black pepper

## Method

1. Heat oven to 400 F. Oil a small baking dish. Arrange caps gill-side up and brush lightly with oil; season with a pinch of salt.
2. Heat 1 tablespoon oil in a skillet over medium. Cook onion 4 minutes until soft. Add garlic and cook 30 seconds. Stir in breadcrumbs and cook 2 minutes, tossing, until lightly toasted.
3. Take the skillet off the heat. Mix in cheese, parsley, thyme, lemon juice, water, and black pepper. The filling should clump when pressed; add another teaspoon of water if dry.
4. Spoon filling into the caps and press gently. Bake 12 to 15 minutes, until the mushrooms are tender and the tops are crisp and browned. Serve hot.

# 05 / Shiitake and Lentil Shepherd's Pie

A savory mushroom-lentil base under fluffy potato, built for a cool evening.

**6 | 25 minutes prep | 45 minutes cook**

## Ingredients

- 12 oz fresh shiitake mushrooms, stems removed and caps chopped
- 1 cup brown or green lentils, rinsed
- 1 1/2 lb yellow potatoes, peeled and cut into chunks
- 2 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced small
- 2 tbsp tomato paste
- 1 tbsp all-purpose flour
- 2 1/2 cups vegetable broth
- 1 tsp dried thyme
- 1/2 cup milk, warmed
- 2 tbsp butter
- 1/2 cup frozen peas
- Salt and black pepper

## Method

1. Simmer lentils in water until tender, 20 to 25 minutes; drain. Meanwhile boil potatoes in salted water until very tender, about 15 minutes. Drain and mash with warm milk, butter, salt, and pepper.
2. Heat oven to 400 F. Heat oil in a large skillet. Cook shiitakes 6 to 8 minutes until browned. Add onion and carrots; cook 5 minutes until softened.
3. Stir in tomato paste, flour, and thyme for 1 minute. Gradually pour in broth, stirring smooth. Simmer 5 minutes until thickened. Fold in lentils and peas; season to taste.
4. Transfer filling to a baking dish. Spread mashed potatoes over the top and rake with a fork. Bake 20 minutes until bubbling at the edges and golden on top. Let stand 10 minutes before serving.

# 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

Shiitake Mushrooms

## Commonly suggested benefits

- May support normal immune function
- Traditionally enjoyed for general wellness
- Provides fiber and other nutrients

A small human study found changes in some immune measures, but that does not prove shiitake prevents infections or illness. Cook shiitake thoroughly.

### 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
Shiitake study in healthy adults (PubMed 25866155)