

Simply Fried Mushrooms

Whether you are enjoying morels, oysters, lion's mane, or any other species of mushroom, one of the best ways to get full flavor is by saute! We know there are a lot of people out there who dislike mushrooms; due to texture, taste, or the common misconception they are only grown in manure. I (Kelsey) was one of these people before I met Erik. I never knew the merit mushrooms could offer!

****Check out the Benefits of Medicinal Mushrooms Table on our website to see some of the great things these mushrooms can potentially provide.**

Since I still struggle with texture of the majority of mushrooms, this is how I prefer to fry them:

- 1) Cut the mushrooms into tiny pieces (approximately 1x1 cm)
- 2) Melt some butter (unsalted) in a frying pan
- 3) Add fresh chopped onion and garlic (onion and garlic powder work great too)
- 4) Add mushrooms and allow the butter to cover each piece.
- 5) Let fry until crispy, stirring occasionally to prevent sticking

Erik's favorite way to fry mushrooms:

- 1) Cut mushrooms into pieces (approximately 5x5 cm or 3 cm thick steaks)
- 2) Melt some butter (salted) in a frying pan
- 3) Add mushrooms
- 4) Add salt and pepper to taste
- 5) Let fry for at least a few minutes, to ensure they are cooked

Depending on what your plans are with the mushrooms, you may choose to add different spices, or fry with olive oil (for a healthier option). Some of the things we have added our fried mushrooms to include:

- 1) BLT sandwiches
- 2) Steak (on top)
- 3) Stir Fry
- 4) Burgers
- 5) Chefs Salad
- 6) Pizza
- 7) Omelettes
- 8) Kraft Dinner
- 9) Stuffed peppers

The options are truly endless! We prefer to eat fried mushrooms as a snack on their own, but experiment and find your own favorite way!

****Just to set the record straight, we grow our mushrooms on the finest hardwood and wheat bran we can find. We do NOT grow in manure!**



TGIF