



THE MISSOURI MUSHROOM COOKBOOK



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Introduction

In the United States, mushrooms are still an underappreciated ingredient. Many home cooks encounter them only sliced in plastic cartons, limited to a white button variety that barely hints at what mushrooms truly offer. Meanwhile, cultures around the world have long celebrated mushrooms for their depth of flavor, versatility, and natural nutritional value.

At The Missouri Mushroom, we believe in the value of whole foods prepared simply. Real mushrooms bring flavor, texture, and nourishment that powders and extracts cannot replicate. They invite curiosity, creativity, and a deeper connection to the ingredients we cook with.

This cookbook was created to make gourmet mushrooms more accessible in everyday kitchens. Each recipe highlights the natural character of its featured variety, from the delicate richness of Lion's Mane to the savory depth of shiitake and the bright, quick-cooking elegance of oyster mushrooms.

We hope these pages inspire you to explore, experiment, and enjoy the remarkable diversity of fungi.

Welcome to the world of gourmet mushrooms.

We're glad you're here.

— *The Missouri Mushroom LLC*

Lion's Mane "Crab" Cakes

Serves: 2

Difficulty: Moderate

Prep Time: 20min

Cook Time: 15min

Total Time: 35min



Ingredients

- 8 oz lion's mane mushroom, shredded into strands
- 1 egg
- ¼ cup finely diced celery
- 2 tbsp mayo
- 1 tsp Dijon mustard
- 1 tsp Old Bay seasoning
- 1 tbsp chopped parsley
- 1 small squeeze lemon juice
- Salt & pepper
- ½ cup panko breadcrumbs
- Light oil for frying

Directions

1. Prep the mushroom: Tear the Lion's Mane into large chunks, then pull apart with your fingertips until you have thin, crab-like strands.
2. Dry sauté: Place the shredded mushroom in a dry skillet over medium heat. Cook 4–5 minutes until moisture evaporates and the strands start to firm. Cool slightly.
3. Build the mixture: Add celery, egg, mayo, Dijon, Old Bay, parsley, lemon juice, salt, and pepper. Mix gently to combine.
4. Adjust texture: Sprinkle in panko and fold until the mixture holds together when pressed. Add a little extra panko if too loose.
5. Shape & rest: Form 6–8 patties and chill for 10 minutes.
6. Pan-fry: Heat a thin layer of oil and cook cakes 3–4 minutes per side until golden with crisp edges.
7. Serve: Finish with lemon or smoked paprika.



Lion's Mane Alfredo Pasta

Serves: 2

Difficulty: Moderate

Prep Time: 20min

Cook Time: 15min

Total Time: 35min



Ingredients

- 8 oz lion's mane, diced to size
- 2 tbsp butter
- 2 cloves garlic, minced
- 1 cup heavy cream
- ½ cup grated parmesan
- 8 oz fettuccine
- Salt & pepper

Optional Flavor Boost: 1 bay leaf (removed before serving)

Directions

1. Prep the mushroom: Tear the Lion's Mane into bite-sized pieces about the size of scallops or nuggets.
2. Cook the pasta: Boil fettuccine according to package directions and reserve a small amount of pasta water.
3. Sauté the mushroom: Melt butter in a skillet over medium heat. Add the torn Lion's Mane and cook for 4–5 minutes until lightly browned and fragrant.
4. Build the sauce: Add garlic and cook for 30 seconds. Pour in the cream and add a bay leaf if using. Simmer gently for 3–4 minutes to thicken.
5. Finish with cheese: Remove the bay leaf and stir in parmesan until the sauce becomes silky and smooth.
6. Combine: Toss the pasta with the sauce, adding a splash of pasta water if needed to loosen.
7. Serve: Season with pepper and garnish with extra parmesan.

Lion's Mane “Steak Bites”

Serves: 2

Difficulty: Easy

Prep Time: 10 min

Cook Time: 10 min

Total Time: 20

Ingredients

- 8 oz Lion's Mane mushroom, cut into chunky pieces
- 2 tbsp butter
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp fresh thyme (or ¼ tsp dried)
- Salt & black pepper
- Optional Flavor Boost: 1 crushed coriander seed or a splash of Worcestershire

Directions

1. Prep the mushroom: Cut the Lion's Mane into chunky bite-sized pieces, keeping them irregular for a more “steak-like” texture.
2. Sear: Heat olive oil in a skillet over medium-high heat. Add the mushroom pieces and let them cook undisturbed for 2–3 minutes so they can develop a golden crust.
3. Add aromatics: Add butter, garlic, thyme, salt, and pepper. Toss gently as the butter foams and coats the mushroom.
4. Finish: Continue cooking until the pieces are browned on all sides and crisp along the edges.
5. Serve: Add a splash of Worcestershire or a crushed coriander seed if desired.



Creamy Lion's Mane Chowder



Serves: 2

Difficulty: Moderate

Prep Time: 15min

Cook Time: 20min

Total Time: 35 min

Ingredients

- 8 oz Lion's Mane mushroom
- 1 small onion, diced
- 1 carrot, diced
- 1 celery stalk, diced
- 1 clove garlic, minced
- 2 tbsp butter
- 2 tbsp flour
- 3 cups broth
- 1 cup heavy cream
- Salt & pepper
- Optional bay leaf + smoked paprika

Directions

1. Tear Lion's Mane into small pieces.
2. Sauté onion, carrot, and celery in butter until softened.
3. Add mushrooms; cook 3–4 minutes.
4. Add flour; stir for 1 minute.
5. Add broth, garlic, bay leaf, salt, and pepper. Simmer for 10 minutes.
6. Remove bay leaf; add cream. Simmer 2–3 minutes.
7. Serve with smoked paprika

Lion's Mane Breakfast Hash

Serves: 4-6

Difficulty: Very Easy

Prep Time: 5 min

Cook Time: 35-40 min

Total Time: 45 min

Ingredients

- 8 oz Lion's Mane
- 2 medium potatoes, diced
- ½ onion, diced
- ½ bell pepper, diced
- 1 tbsp olive oil
- 1 tbsp butter
- 1 clove garlic
- Salt, pepper, paprika

Directions

1. Prep the mushrooms and vegetables.
Tear the Lion's Mane into small bite-sized shreds, about the size of pulled chicken. Dice the potatoes into small cubes so they cook quickly and evenly. Finely chop the onion and pepper.
2. Start the potatoes.
Heat a generous splash of oil or a tablespoon of butter in a skillet over medium heat. Add the diced potatoes and spread them into an even layer. Let them sit undisturbed for a few minutes so they begin to brown before stirring. Cook until they're golden and nearly tender, about 8-10 minutes.
3. Add the aromatics and mushrooms.
Add the onion and pepper to the skillet and cook until softened and fragrant. Then add the shredded Lion's Mane and toss everything together. Continue cooking until the mushrooms take on a light golden color and release their moisture.
4. Season and finish.
Add garlic, paprika, salt, and pepper. If you're using herbs (fresh thyme or parsley work great), stir them in now. Let the hash cook for another few minutes until everything is well browned and crispy in spots.
5. Serve hot.
Plate the hash and finish with chopped herbs, a squeeze of lemon, or serve alongside eggs for a full breakfast.



Vegan Lion's Mane Scallops

Serves: 2

Difficulty: Very Easy

Prep Time: 10 min

Cook Time: 10 min

Total Time: 20 min



Ingredients

- 12 oz Lion's Mane, cut into thick rounds
- 1 tbsp olive oil
- 1 tbsp vegan butter
- 2 garlic cloves
- Juice of ½ lemon
- Parsley, salt, pepper

Directions

1. Prep the mushroom "scallops." Cut the Lion's Mane mushroom into thick, round medallions, about 1–1.5 inches tall. Trim the bottoms if needed so each piece sits flat in the pan.
2. Sear for color. In a skillet over medium-high heat, warm the olive oil until it shimmers. Place the medallions cut-side down and sear without moving them for 3–4 minutes, or until a deep golden crust forms. Flip and repeat on the opposite side.
3. Build the pan sauce. Reduce the heat to medium. Add the vegan butter and minced garlic, letting the butter melt and the garlic become fragrant — about 30 seconds.
4. Brighten the flavors. Add lemon juice to the pan, allowing it to quickly sizzle and mix with the butter to coat the scallops. Season generously with salt, pepper, and a sprinkle of chopped parsley.
5. Serve immediately. Spoon extra pan sauce over the scallops before plating. Serve with lemon wedges for an optional extra squeeze of brightness.

Lion's Mane Lobster Rolls

Serves: 2

Difficulty: Easy

Prep Time: 15 min

Cook Time: 10 min

Total Time: 25 min



Ingredients

- 8 oz Lion's Mane
- 1 tbsp butter
- 2 tbsp mayo
- ½ celery stalk
- 1 tsp Dijon
- 1 tsp lemon juice
- ¼ tsp Old Bay
- Slider buns
- Salt and pepper

Directions

1. Prepare the mushrooms. Tear the Lion's Mane into bite-sized shreds that resemble lobster texture. Pat them dry with a towel to remove surface moisture.
2. Sear for flavor. Heat the butter in a skillet over medium-high heat. Add the shredded mushroom and cook for 5–7 minutes, stirring occasionally, until lightly caramelized on the edges and fragrant.
3. Mix the filling. Transfer the cooked mushroom to a bowl. Stir in the mayonnaise, lemon juice, Old Bay, salt, pepper, and finely diced celery for crunch and freshness. Taste and adjust seasoning as needed.
4. Toast the rolls. In the same pan (with a touch more butter if needed), toast the split-top buns cut side down until golden brown and crisp.
5. Assemble the rolls. Pile the lobster-style filling generously into each bun. Top with chopped chives and serve warm, preferably with a wedge of lemon or kettle chips on the side.

Shiitake Stir Fry with Bell Peppers

Serves: 2

Difficulty: Easy

Prep Time: 10 min

Cook Time: 10 min

Total Time: 20 min



Ingredients

- 6 oz shiitake mushrooms
- 1 red bell pepper
- 1 yellow bell pepper
- 2 green onions
- 1 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tsp sesame oil
- 1 garlic clove, minced
- 1 tsp grated ginger

Directions

1. Prep the produce: Remove shiitake stems and slice the caps. Slice both bell peppers into thin strips and chop the green onions.
2. Sear the mushrooms: Heat a splash of oil in a hot skillet. Add the shiitake and cook until they release moisture and turn golden-brown around the edges.
3. Add the peppers: Toss in the sliced bell peppers and stir-fry for 2–3 minutes until crisp-tender.
4. Build the flavor: Add garlic, ginger, soy sauce, and oyster sauce. Stir to coat everything evenly.
5. Finish: Turn off the heat and drizzle with sesame oil. Sprinkle with green onions and serve hot.

Shiitake Ramen Bowl

Serves: 2

Difficulty: Easy

Prep Time: 10 min

Cook Time: 15 min

Total Time: 25 min

Ingredients

- 6 oz shiitake mushrooms
- 4 cups broth
- 1 bay leaf
- 1 tbsp soy sauce
- 2 ramen noodle nests
- Green onion, sliced
- 1–2 soft-boiled eggs

Directions

1. Warm the broth: In a pot, combine broth, soy sauce, a crushed garlic clove (optional), and the bay leaf. Simmer for 5 minutes to infuse flavor, then remove the bay leaf.
2. Cook the mushrooms: Slice shiitake and sear in a little oil until browned and lightly crispy on the edges.
3. Cook the noodles: Add ramen nests directly into the broth and cook until tender.
4. Assemble the bowls: Divide noodles into bowls, ladle broth over top, and add the seared shiitake.
5. Finish: Top with sliced green onion and halved soft-boiled eggs.



Yellow Oyster Mushroom Soup

Serves: 2

Difficulty: Easy

Prep Time: 10 min

Cook Time: 15 min

Total Time: 25 min



Ingredients

- 8 oz yellow oyster mushrooms
- 1 carrot, diced
- 1 celery stalk, diced
- 1 small onion, diced
- 4 cups broth
- 1 garlic clove
- Pinch of turmeric
- 1 bay leaf

Directions

1. Prep the vegetables: Dice carrot, celery, and onion. Tear mushrooms into bite-sized petals.
2. Sauté the aromatics: Heat oil and cook the carrot, celery, and onion until softened and fragrant.
3. Add mushrooms: Toss in the yellow oysters and cook for 2–3 minutes until lightly wilted.
4. Build the broth: Add broth, garlic, turmeric, bay leaf, salt, and pepper.
5. Simmer: Cook for 10–12 minutes. Remove bay leaf before serving.

Crispy Yellow Oyster Tacos

Serves: 2

Difficulty: Easy

Prep Time: 15 min

Cook Time: 10 min

Total Time: 25 min



Ingredients

- 6 oz yellow oyster mushrooms
- Corn tortillas
- Cabbage or slaw mix
- Avocado slices
- Lime wedges
- Hot sauce of choice

Directions

1. **Prep the mushrooms:** Tear the yellow oysters into thin strips or clusters.
2. **Crisp them up:** Cook in a hot pan with oil until deeply golden and crisp on the edges.
3. **Warm the tortillas:** Heat them in a dry skillet or wrapped in foil in the oven.
4. **Assemble:** Fill each tortilla with slaw, crispy mushrooms, and avocado.
5. **Finish:** Add lime juice and a splash of hot sauce.

Pink Oyster “Bacon”

Serves: 2

Difficulty: Easy

Prep Time: 5 min

Cook Time: 10 min

Total Time: 15 min

Ingredients

- 6 oz pink oyster mushrooms
- 1 tbsp olive oil
- 2 tsp soy sauce
- ½ tsp smoked paprika
- ¼ tsp maple syrup
- Black pepper



Directions

1. Prep the strips: Tear pink oysters into long, thin ribbons to mimic bacon.
2. Crisp the mushrooms: Fry in oil until curled, browned, and beginning to crisp.
3. Add the seasoning: Stir in soy sauce, smoked paprika, maple syrup, and black pepper.
4. Finish: Cook until the edges caramelize lightly or desired texture.

Pink Oyster Garlic Butter Pasta

Serves: 2

Difficulty: Easy

Prep Time: 10 min

Cook Time: 10 min

Total Time: 20 min



Ingredients

- 6 oz pink oyster mushrooms, torn into petals
- 8 oz linguine or spaghetti
- 2 tbsp butter
- 1 tbsp olive oil
- 2 garlic cloves, minced
- Juice & zest of ½ lemon
- Handful of chopped parsley
- Pinch red pepper flakes (optional)
- 2 tbsp grated parmesan (optional)
- Salt & pepper

Directions

1. Prep Tear pink oyster mushrooms into bite-sized petals. Mince garlic, chop parsley, and zest your lemon.
2. Boil linguine until al dente. Reserve ½ cup of pasta water before draining.
3. In a large skillet, heat butter and olive oil over medium-high. Add mushrooms and cook until lightly golden and edges curl, 4–5 minutes.
4. Reduce heat to medium. Add minced garlic and cook for 30 seconds until fragrant. Stir in lemon zest and a pinch of red pepper flakes.
5. Add cooked pasta to the skillet with a splash of reserved pasta water. Toss until glossy and the pasta is lightly coated.
6. Add lemon juice, chopped parsley, and parmesan (if using). Season with salt and pepper. Toss again until balanced and bright.
7. Garnish with extra parsley, zest, or a few choice mushroom petals on top for presentation.

Chestnut Mushroom Risotto

Serves: 2

Difficulty: Moderate

Prep Time: 10 min

Cook Time: 30 min

Total Time: 40 min

Ingredients

- 8 oz chestnut mushrooms, sliced
- 1 cup arborio rice
- 1 small onion, finely diced
- 4 cups warm vegetable or chicken broth
- ½ cup dry white wine (optional but recommended)
- 3 tbsp butter (divided)
- ¼ cup freshly grated parmesan
- Salt & pepper



Directions

1. Slice the chestnut mushrooms and finely dice the onion so it melts into the risotto instead of standing out as chunks. Warm the broth in a small pot on low.
2. In a large skillet or pot, melt 1 tablespoon of butter over medium-high heat. Add the mushrooms in a single layer and cook until they release their moisture and turn golden brown.
3. Lower the heat to medium. Add another tablespoon of butter and the diced onions. Cook until the onions turn translucent and fragrant, about 3 minutes.
4. Add the rice directly to the onions and stir to coat every grain in butter. Toast for 1–2 minutes until the rice becomes slightly pearly around the edges.
5. Pour in the white wine and stir continuously until it has mostly evaporated.

6. Add one ladle of warm broth at a time, stirring gently and often. Wait until the broth is mostly absorbed before adding the next ladle.
7. Continue this process for 18–22 minutes, adjusting heat as needed to maintain a gentle simmer.
8. When the risotto is close to al dente (still slightly firm in the center), fold in the sautéed mushrooms. Their juices will further flavor the rice.
9. Turn off the heat. Stir in the final tablespoon of butter and the grated parmesan until silky and emulsified. Season with salt and pepper to taste.
10. Spoon onto warm plates, allowing the risotto to spread gently. Top with more parmesan, cracked pepper, a sprinkle of parsley, or a drizzle of olive oil.



Chestnut Mushroom Garlic Sauté

Serves: 2

Difficulty: Easy

Prep Time: 10 min

Cook Time: 10 min

Total Time: 20 min



Ingredients

- 6 oz chestnut mushrooms, sliced
- 2 tbsp butter (or olive oil)
- 1 garlic clove, minced
- A few thyme sprigs (or ¼ tsp dried)
- Splash of white wine or lemon juice (optional but powerful)
- Salt & pepper
- Optional: pinch of crushed coriander seed or red pepper flake for depth
- Optional garnish: chopped parsley

Directions

1. Slice the chestnut mushrooms into even pieces so they cook uniformly. Pat them dry.
2. Heat the butter in a skillet over medium-high heat until it foams. Add the mushrooms in a single layer, pressing them lightly into the pan. Don't stir them yet.
3. Give the mushrooms 3–4 minutes of undisturbed cooking so their edges caramelize and concentrate in flavor. Once the undersides are golden, stir occasionally until all sides are browned.
4. Reduce heat to medium. Add the minced garlic and thyme, stirring for 30–45 seconds until fragrant.
5. Add a quick splash of white wine or a squeeze of lemon to deglaze the pan and lift the fond.
6. Season with salt, black pepper

Thank you

Thank you for cooking with us.

Our goal is to make gourmet fungi feel effortless — accessible enough for everyday cooking, yet refined enough for the most considered kitchens.

May this cookbook inspire exploration, confidence, and a deeper appreciation for the remarkable world of fungi.

An expanded edition is already underway.

Featuring chef contributions, tasting notes, refined techniques, and new culinary applications designed to elevate your craft.

*Discover more at **momush.org**.*

— The Missouri Mushroom LLC

