Cooking with Shiitake Mushrooms

Recipes for health,
joy and comfort.

From our family to yours.

TopHat Mushrooms

This book is dedicated to

enabling all health aware families
to cook, eat, and spend time together
without spending hours in the kitchen.
Cheers to you,
and the memories you will make!

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Pure. Organic. Quality.

Providing the highest quality Organic Shiitake mushrooms available is our family tradition.
In the early 1970s, John Gillette Sr. Purchased a farm outside the small town of Scio, Oregon. Situated on the western foothills of the Cascade Mountains, from where the freshwater creek running through the property originates. We have made a lot of improvements on the 200+ acre farm since those early years when we produced lumber from the farm for the original buildings. There are now 3 generations working and living on the farm. Top Hat Mushrooms' growing facilities are ever expanding and include computer-controlled environments to take advantage of the natural outdoor conditions. We are relentless in our drive to improve efficiency while never wavering on our commitment to produce top quality mushrooms 365 days a year for wholesale distribution throughout North America. Top Hat Mushrooms is the largest organic Shiitake grower west of the Mississippi.

"Growing up on a farm surrounded by nature you really learn to appreciate the balance in our ecosystem and how healthy living soil nourishes healthy plants. When we eat those plants (or the animals that eat those plants) they help create and/or nourish the cells in our bodies. We are all meant to be created and nourished from healthy living soil. Eat USDA Certified Organic foods!"
We are committed to sustainable agriculture by using natural resources wisely. We produce plant-based compost from our mushroom logs, that naturally enrich the Earth's soil. We have a small carbon footprint and have installed an 88-panel solar grid at our Scio farm.
We value our customer's trust they have in Top Hat Mushrooms and we will continue working hard to deserve it. "You have my word on it."

Robin Gillette CEO

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Cooking with Shiitake Mushrooms

Please remember to always cook your Shiitake mushrooms before eating them. Raw or partially cooked Shiitake mushrooms have been known to cause Shiitake Dermatitis in a very small proportion of the population. The reaction manifests usually on the torso, in red raised and itchy "whip like" marks. This reaction is caused by lentinan, a thermolabile polysaccharide found in the mushroom. When the mushroom is cooked, the lentinan breaks down, eliminating the risk of Shiitake Dermatitis. While it is rare to react to Shiitake mushrooms in this way, (2% of the population or less) we at Top Hat Mushrooms advocate for always cooking Shiitake mushrooms so that every consumer can enjoy the flavorful health food safely.

Shiitake Mushrooms. Health awaits.

Shiitake mushrooms are truly a marvel. The health benefits these little mushrooms tout are amazing! Shiitake mushrooms contain Fiber, Riboflavin, Niacin, Vitamin b5, Vitamin b6, Folate, Vitamin D, as well as amino acids necessary to fuel a healthy body. They also contain polysaccharides, terpenoids, sterols and lipids which are linked to immune-boosting, cholesterol-lowering and even cancer fighting effects!

In Asia, Shiitakes have been used for centuries to improve longevity, and circulation. Recent studies have explored the amazing benefit Shiitakes provide for lowering inflammation in the body.

Especially important is the ability for Shiitake mushrooms to help your body maintain a healthy heart.

Shiitake mushrooms may have several benefits for heart health. For example, they have three compounds that may help lower cholesterol:
Eritadenine: A compound that inhibits an enzyme involved in producing cholesterol.
Sterols: Molecules that help block cholesterol absorption in your gut.
Beta-glucans: A type of fiber that can lower cholesterol.

Several compounds in shiitakes have antibacterial, antiviral and antifungal effects. These include oxalic acid, lentinan, centinamycins A and B (antibacterial) and eritadenine (antiviral).

They also contain polysaccharides, terpenoids, sterols and lipids linked to immune-boosting, cholesterol-lowering and anti-cancer effects.

Frequently Asked Questions

Do I need to cook Shiitake mushrooms before I eat them?

Yes. While it is rare to react to Shiitake mushrooms in this way, (2% of the population or less) we at Top Hat Mushrooms advocate for always cooking Shiitake mushrooms so that every consumer can enjoy the flavorful healthy food safely.

Are my Shiitake mushrooms too old? How can I tell when to discard them?

Typically, the mushrooms will last for several weeks in a refrigerated environment. Mushrooms may dry out and shrink or shrivel if they are very old. You can choose to reconstitute them in water, dry them for making powder, or discard them.

Are the stems edible?

Yes. Shiitake stems are edible, but are more tough then the caps, so some chefs save them to add to soup stock. Petite Shiitake mushrooms have more tender stems, and can be used stem and all for most recipes in this book.

Do I need to wash my mushrooms before I cook them?

No, Top Hat Shiitake mushrooms do not need to be washed or rinsed before use.

Are there any special kitchen tools I will need for these recipes?

Yes. You will need an immersion blender for the Savory Shiitake Soup recipe. You might also want to purchase a mushroom slicer to help slice the Shiitake more quickly. However, this is purely for convenience as a knife and cutting board are just as effective.

DEFY
Immersion
Blender

Mushroom
Slicer

Shiitake Sweet Potato Hash

A Breakfast Favorite!

Prep Time: 10 minutes
Cook Time: 10 minutes

Ingredients

- 6 oz Shiitake Mushrooms, sliced
- 1 medium white sweet potato
- 1 medium yellow sweet onion
- 1 tbs garlic powder
- 1 tbs dried oregano leaves
- Salt and pepper
- 1 tbs bacon fat, olive, or coconut oil

Grate the sweet potato using a cheese grater. Set aside.

Chop the onion into small pieces. Set aside.

In a saucepan, place the oil or fat and let it heat up. Add the mushrooms and onion. Cook until the mushrooms reduce in size, and the onions caramelize.

Add the grated sweet potato. You may need to add a few tablespoons of water to hydrate the sweet potato as it cooks.

Stir occasionally and allow the potato to cook until soft. Add spices to taste.

Serve with fried eggs and bacon for a delicious savory breakfast!

Shiitake Turkey Poppers

Elizabeth's favorite football game side dish!

Prep Time: 10 minutes
Cook Time: 25 minutes

Ingredients

- 1 lb Ground Turkey
- 2 Tbs Coconut Oil or bacon fat
- 6 oz Top Hat Shiitake mushrooms
- 1 Small White Sweet Potatoes
- 2 Tbs coconut flour 2
- Tbs cinnamon
- 2 Tbs ginger
- 1 Tbs ground oregano
- 1 to 2 Tbs Turmeric
- 1 Tbs Salt 1 Tbs Pepper

Pre-heat the oven to 400 degrees. Grease a cookie sheet with 1 tbs of coconut oil. Set aside.

In a food processor, chop the Shiitake mushrooms finely, and then sauté them until they reduce down to roughly 2 cups in volume. Set aside.

In a food processor, chop the white sweet potatoes finely. Gather 2 cups of the chopped potatoes and add them to a mixing bowl.

In the bowl, combine the Shiitake, 2 cups of chopped sweet potatoes, 2 lbs of ground turkey, coconut flour, spices, and 1 tbs of coconut oil.

Mix together thoroughly.

With your hands, roll the mixture into small golf ball sized patties. Place them on the cookie sheet and press them down slightly to make them flat.

Cook the poppers for 15 minutes, then flip them and continue cooking roughly 10 minutes until cooked thoroughly. You might want to turn the broiler on for the last minute to give the poppers a deep golden-brown crust that is delicious to crunch into!

Serve with your favorite dip.

Savory Shiitake Soup

Robin's family favorite!

Prep Time: 30 minutes
Cook Time: 1 hour

Ingredients

- ¼ cup unsalted butter
- 1 pound Shiitake mushrooms, sliced (organic, if you want to avoid unwanted chemicals)
- 1 yellow onion, chopped/diced
- 1 rounded tbsp flour (no wheat for gluten free)
- 2 gloves of garlic (or 1 ½ tsp of minced garlic)
- ½ tsp thyme powder
- 4 cups broth
- 1 cup water (option to omit for thicker soup)
- 1 cup heavy cream
- Salt and ground pepper to taste
- 1 tbs lemon juice (optional)

Melt butter in large saute pan on Medium-High heat and add sliced organic shiitake. Continue to saute until 50%+ have caramelized.

Remove sautéed mushrooms from pan and put them in a pot (option: save some to add as a garnish on soup later)

Melt 1 tbs of butter in saute pan on Medium heat and add chopped/diced yellow onion. Continue to saute until onion become translucent/clear.

Remove onion and add to pot with the sliced sautéed organic shiitake.

Add heaping tbsp of flour and mix sautéed onions, mushrooms, and flour together. It will become pasty. Cook on Low heat for about 2 minutes.

Add broth, optional water, garlic, and thyme into pot. Use immersion blender to blend into puree or pour into blender to creamy puree (small batches of ½ full blender, pulsed on/off then on highest speed to fine puree) and add back to pot. Simmer on Low heat for about 45 minutes.

Add heavy cream and simmer for additional 10 minutes.

Add optional lemon juice, salt, pepper to taste.

Serve and enjoy! (option: add some sliced sautéed mushrooms as garnish to each bowl)

Stuffed Grilled Shiitake

Robin's BBQ specialty!

Prep Time: 10 minutes
Cook Time: 20 minutes

Ingredients

- 24 large capped Shiitake mushrooms
- 1/2 lb italian sausage, ground
- 1/2 cup dried bread crumbs
- 1 8 oz package cream cheese
- 2 tbs chopped parsley
- 1 tbs lemon juice
- 1 tbs minced garlic
- 1/4 cup Parmesan Cheese
- 2 tbs olive oil
- 1 or 2 jalapeñs, finely chopped if desired for heat

Destem the mushroom caps, place them gills up on a tinfoil lined baking sheet and set aside.

In a skillet, cook the sausage in the olive oil until cooked through. Drain the fat from the meat. Then stir in the bread crumbs.

Separately, combine the cream cheese, parsley, lemon juice and garlic until nice and smooth. (To make the mushrooms spicy, add the chopped jalapeños.)

Add the sausage to the cream cheese mixture. Then, fill each cap with the mixture. Sprinkle Parmesan cheese on top.

Bake in the oven for about 15 minutes or until the mushrooms are tender and slightly golden brown. If you are using a barbeque, place them on the grill and let them cook for about 15-20 minutes, checking them often to ensure they don't burn.

Roasted Parmesan Shiitake

Carrie's family camping favorite!

Prep Time: 10 minutes
Cook Time: 30 minutes

Ingredients

- 12 oz of medium to large sized Shiitake
- ¼ cup parmesan cheese
- Melted butter
- 2 tbs minced garlic

Pre-heat the oven to 350 degrees.

Destem the Shiitake mushrooms and arrange them gills up on a baking pan.

Baste them with melted butter, and minced garlic.

Crumble parmesan cheese into the caps filling them.

Roast the caps in the oven for 25 to 30 minutes, until cooked through and golden brown on the top.

Allow to cool for about 5 minutes before serving.

These make a delicious appetizer or side dish for a hearty meal.

Optional: Instead of using an oven, use a barbeque! Follow the directions above, omitting the oven, and grill the mushrooms caps directly on the grill.

Simple Sautéed Shiitake

Casey's go-to dinner side!

Prep Time: 5 minutes
Cook Time: 15 minutes

Ingredients

- 12 oz Top Hat Shiitake Mushrooms
- Olive oil
- Salt and pepper to taste
- ¼ cup red wine
- 2 tbs minced garlic

De-stem and slice the shiitake into thin wedges.

Heat oil on medium high heat. A

dd the Shiitake slices and stir into the oil. Allow the mushrooms to reduce down. They will shrink as they cook.

Add 2 tbs of minced garlic and stir into the mushrooms.

When the Shiitake are cooked thoroughly, add the red wine and allow to simmer until the wine has flashed off.

Add salt and pepper to taste. Serve over meat, rice, or all on it's own for a savory side dish!

Lemon Shiitake Salmon

Elizabeth's favorite dinner!

Prep Time: 10 minutes
Cook Time: 18 minutes

Ingredients

- 2 medium sized Salmon fillets
- 6 oz Shiitake mushrooms, sliced and destemmed.
- ¼ cup coconut aminos
- 2 tsp brown sugar
- Zest from one lemon
- Remainder of lemon sliced thinly

Preheat oven to 425 degrees

In a saucepan, simmer the coconut aminos, lemon zest, sugar and sliced Shiitake on medium heat. Cook until the Shiitake reduce in size and the mixture has thickened slightly.

Place the Salmon fillets on a foil lined baking sheet.

Drizzle the salmon with the Shiitake sauce.

Place the lemon slices on top of the drizzeled salmon.

Bake for 15-18 minutes.

Savory Shiitake Pork & Apples

Katie's Delicious Dinner!

Prep Time: 10 minutes
Cook Time: 30 minutes

Ingredients

- 1 medium sized pork loin
- 6 oz Shiitake mushrooms, sliced
- 1 apple cored and chopped
- 1 1/2 cups unsweetened applesauce
- 1/4 cup apple cider vinegar
- 1/4 cup of coconut aminos or soy sauce
- 2 1/2 tbs blackstrap molasses
- 1 1/2 tsp garlic powder
- 1/2 tsp ginger powder
- 1/2 tsp onion powder

Combine the apple sauce, vinegar, coconut aminos, molasses, and garlic, ginger and onion powders in a bowl and whisk together.

In a saucepan, add the Shiitake mushrooms and the mixture. Heat the mixture on medium heat. Simmer until the mushrooms begin to shrink in size.

In a baking dish, place the pork loin. Pour the Shiitake mixture over the pork loin. Sprinkle the chopped apples over the pork.

Bake at 350 degrees for 30 minutes or until cooked through or an internal temperature of at least 145 degrees.

Serve with mashed sweet potatoes flavored with garlic and salt for a country comfort dinner to please everyone!

Savory Shiitake Steak Sauce

Casey's Anniversary Specialty!

Prep Time: 10 minutes
Cook Time: 25 minutes

Ingredients

- 2 ½ tbs unsalted butter
- 2 tbs coconut or avocado oil
- 1 large white onion, minced
- 24 oz Shiitake mushrooms sliced
- Thyme
- Sea salt
- Ground black pepper
- ½ cup Merlot wine
- ¼ cup beef broth
- ¼ cup heavy cream
- 1 tbsp minced fresh chives

Add butter and oil to a skillet over medium heat. When the butter begins to foam, add the onions and sauté until they are soft and transparent.

Add the Shiitake mushrooms and thyme. Season with a pinch of salt and pepper. Stir every few minutes and cook until the Shiitake begins to reduce in size.

Pour in the Merlot and stir. Cook until the alcohol has flashed off.

When the wine is almost all gone, add the beef broth. Allow it to cook and reduce before removing the skillet from the heat.

Stir in the cream, chives, and a bit more salt and pepper to taste.

Pour over your favorite piece of steak cooked on the barbeque. Serve with baby red potatoes roasted in the oven with olive oil and rosemary, and steamed asparagus for a romantic dinner menu.

Tomatoe Shiitake Chicken

Katie's yummy, quick and easy dinner!

Prep Time: 10 minutes
Cook Time: 45 minutes

Ingredients

- 3 large chicken breasts
- 12 oz Shiitake mushrooms, sliced
- 8 oz cherry tomatoes, chopped in half
- 2 tbs avocado, olive or coconut oil
- 1/3 cup coconut milk
- 1 tsp lemon juice
- 1 tsp garlic salt
- 1 tsp pepper
- 2 tsp parsley
- 1/4 cup red wine

In a medium skillet, heat the oil and add the Shiitake mushrooms. Let them cook, stirring occassionally for about 3 minutes.

Add the cherry tomatoes. Continue cooking for another 3 minutes.

Pour in the coconut milk, stir, and add the lemon, garlic, and pepper.

Simmer for about 8 minutes, or until the mushrooms have reduced in size and the tomatoes have softened. The mixture will thicken slightly.

In a roasting pan or dish, lay the chicken down and pour the hot mixture over them. Sprinkle parsley over the mixture.

Cook at 350 degrees for about 30 minutes or until internal temperature reaches 165 degrees.

Live Healthy and Enjoy