

2. DRY-SAUTÉ

Medium Heat: Set pan to medium temp and add mushrooms. Cover with a lid to build heat, removing once mushrooms start steaming.

Evaporate Moisture: Stir occasionally to heat mushrooms evenly. Once they start releasing their water into the pan, stir constantly to avoid boiling them; continue until they're no longer rigid & spongy but supple & flexible and almost all the water has evaporated.

High Heat & Oil: Remove mushrooms to a plate, leave uncovered. Add 2 Tbsp of high smoke point oil (ex. canola, sunflower, vegetable) to pan & increase heat to medium-high.

3. HIGH-HEAT FRY

Add Aromatics: Add diced garlic or shallots & woody herbs like thyme or oregano to the oil. Simmer until oil is hot and the aromatics are softened & fragrant but not yet browned.

Re-add Mushrooms: Return mushrooms to the pan, mixing well with the oil and aromatics to fully coat them, then let them sit still to start building colour.

Brown to Golden: Spot check mushrooms every couple minutes. When they start turning golden brown, stir to turn them over for even browning. Add more oil if needed to avoid sticking.

4. SEASON & SERVE

A) Pure & Simple: Cook until desired crispness level is reached. Season lightly with salt & pepper to allow the flavours of the mushrooms & aromatics to shine.

B) Smoky & Meaty: Cook until well browned. Add seasoned salt, paprika, cumin, and a dash of soy sauce and liquid smoke for a meaty dry-rub texture. Perfect for topping pizza, salads & bowls, or in tacos, stir-fries & omelettes.

C) Bright & Creamy: Cook until lightly browned. De-glaze with white wine, add black pepper, butter, grated Parmigiano, and a cream (ex. heavy cream, sour cream, cream cheese) to create a silky sauce. Ideal on top of pasta, risotto, or white meat dishes.



PERFECTLY PAN-FRIED MUSHROOMS

Ditch the limp, rubbery, dirt-flavoured mushroom experience - try a richer, meatier morsel packed with flavour & a golden, crunchy texture that pairs with almost any meal!



1. PREP

No Wash Needed: Skip washing clean, indoor-grown mushrooms to prevent sogginess from excess moisture. Just trim the base of clusters to remove any woody bits and separate mushrooms into individual petals or stems.

Even Sized Pieces: Tear or cut mushrooms into similar-sized pieces to ensure even cooking throughout, especially when mixing varieties. Smaller pieces crisp easier, while larger pieces remain more moist & supple.

Wide Non-Stick Pan: Mushrooms shrink to about half their size when cooked. Use a large pan to avoid crowding after they shrink to get good surface contact.



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