

MUSHROOM MANIFESTO II



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**TO ALL ANIMALS, PLANTS,
FUNGI, AND FARMERS OF THE
WORLD... WE THANK YOU.**

MUSHROOM MANIFESTO

We are chefs on a mission, driving a movement that supports mushroom growers and vegetable farmers. Demand for mushrooms is increasing, and we want to bring these amazing foods to the center of the plate. Mushrooms taste great, help boost our health, and have the lowest carbon footprint of any food grown. In many ways, mushroom farming and chicken farming are similar, so we are helping chicken farmers convert their chicken farms to mushroom farms. That helps increase the mushroom supply to meet the growing demand. As plant-pushing chefs, we specialize in demonstrating what you can do with all kinds of different mushrooms in the kitchen—from making chewy, meaty mushroom steaks to satisfying mushroom shreds to crispy mushroom bacon.

If you're a mushroom farmer, we want to partner with you so you can get more mushrooms in the marketplace. We can help show you and your customers what to do with the mushrooms you're growing. Need recipes, information or other content? We are happy to share.

If you're a cook, we want to open your eyes and tastebuds to all the mind-blowing ways that mushrooms can be prepared and enjoyed. Mushrooms are the most exciting food in the kitchen today. Check out the recipes and info in this manifesto, and find out more at WickedHealthyFood.com.

We're also bringing a range of Wicked Kitchen plant-based foods global. We have hundreds of successful products in the U.K. market and dozens in the U.S. with many more to come soon. Many of them feature mushrooms. Others are plant-based foods that taste amazing. Learn more at WickedKitchen.com.



SHROOMS ARE POPPIN'

OM...BURBLE....SKOOSH....BLURP

It seems like mushrooms are coming up everywhere these days. In backyards. In stores. On our plates. In our medicines. Even in our clothing. We're consuming and using more mushrooms than ever before. Just a few years ago, in 2018, the total weight of mushrooms on the global market was 12.75 million tons, [according to Fortune Business Insights](#). By 2026, the market is expected to, um, mushroom to 20.84 tons with a total value of more \$70 billion. Hell yes!

We love shrooms, and we love everything they can do for us, for the planet, and for the animals. They're so much better than meat! And we're not alone. [You can almost hear the mushroom movement growing around the globe](#). Like a faint rumbling underground. It's been there forever, but now it's bubbling up, finding the light and being seen. Mushrooms are like that. They have this amazing ability to bring things together and make shit happen. They are the go-betweens, the connectors, the tangled threads that bind faded bits and bobs into a cohesive network, breathing new life into the whole. They are critical to making earth's ecosystems work. Mushrooms turn up when things are in flux and especially when they're falling apart. That's their superpower. Mushrooms get life moving again. [Millions of humans around the world are now recognizing everything that's good about mushrooms](#). From chefs and scientists to designers and engineers, [we're championing the champignons](#), touting all their benefits. They can be everything from nutritious meaty food to sustainable clothing to sturdy shelter of the future. Yes, mushroom shelter.

MUSHROOMS TASTE GREAT

It's easy to see why so many varieties of mushrooms are popping up in food markets these days. They taste amazing! Mushrooms are packed with "umami," that savory flavor compound that makes everything from meat to tomatoes to soy sauce taste good. They're good for you, too. Some say we're living in the Golden Age of Mushrooms. But, really, mushrooms are nothing new. They've been enjoyed and revered for millions of years, especially in Asian cuisines and medicines. In fact, fungi are among the oldest living organisms on the planet. And now you can find a slew of tasty varieties just about anywhere.

Major U.S. and U.K. supermarkets like [Kroger](#) and [Tesco](#) now stock oyster mushrooms and maitakes right there alongside the white button mushrooms and shiitakes. Local growers and foragers have even more variety at farmers markets with everything from lion's mane to yellow chanterelles.

ALL WICKED. ALL THE TIME.



Take a closer look in your market and you'll see even more mycological goodness. There's mushroom jerky (soooo good!), mushroom hot sauce, mushroom tea, and mushroom beer. Got a sweet tooth? Pick up some mushroom-infused maple syrup to drizzle on your pancakes or mix into smoothies and cocktails. You can even nibble fine dark chocolates infused with medicinal mushrooms. It's mushroom mania!

Mushroom bacon is one of our favorites. Deeply savory, crispy and chewy, mushroom bacon is among the most craveable plant-based foods you'll ever taste. Usually made from shiitake mushrooms, each bite is like a crispy shard of pure deliciousness. [Look for it.](#) Or make it yourself with the recipe in our [Wicked Healthy Cookbook](#) or the Shiitake Bac'n in our [Mushroom Manifesto volume 1.](#)

Or maybe you prefer to sprinkle mushrooms over food like pixie dust? In that case, pick up some mushroom salt or "umami powder," a savory seasoning made with pulverized dried shiitakes that makes everything taste good. [Lots of markets carry it.](#) Better yet, try our version of umami powder, Wicked Kitchen seasonings made with the other fungus amongus, nutritional yeast (a.k.a. nooch). The [Wicked Kitchen Garlic, Ranch, and Smoky BBQ Nooch](#) seasonings take everything up a notch.

You like to grow your own? No problem. Home-based mushroom growing kits are not hard to find. During the pandemic, all sorts of domestic projects took hold—and fungiculture was up there right along with sourdough culture. Oyster mushrooms—the kind featured throughout the recipes in this manifesto—are one of the easiest varieties to grow at home. And they're tasty AF. Oyster shrooms have a velvety texture and super-satisfying meaty taste. Try our recipes to taste them for yourself!

Oyster mushrooms can be sautéed, stir-fried, braised, roasted, and grilled. But our favorite starting point is the patented Sarno Sear (page 12). It's a simple process of pressing and searing the shrooms in a hot pan with another heavy pan on top. When pressed and seared, oyster mushroom clusters turn into chewy, meaty Wicked mushroom steaks. This foundational prep is the gateway to all kinds of incredible meals. From there, you can turn oyster mushrooms into plant-based mushroom cheesesteaks (page 14), mushroom steak tacos (page 22), chicken fried mushroom steaks (page 26), fried rice with sticky teriyaki shrooms (page 16), savory shroom souvlaki (page 20), mushroom steak cacciatore (page 24), and spicy chili noodles with seared oyster steak strips (page 28). All plant-based.



SHROOMS ARE GOOD FOR YOU

Mushrooms are something of a superfood. Small yet mighty, as they say. Shrooms are now showing up in everything from healing powders and pills to wellness teas and functional foods. Of course, mushrooms as medicine are nothing new. Medicinal mushrooms like reishi, chaga, and lion's mane have been used to treat ailments in China and Japan for thousands of years. The West is just starting to catch on, triggering the shroom boom that's now happening all over the U.S., Canada, the U.K., and the E.U. Mushrooms are the new darlings of the wellness market, and market watchers say the functional mushroom market is going to generate more than \$69 billion in sales by the end of 2024. Yowza.

It's not snake oil. Plenty of studies show that all varieties of mushrooms are good sources of antioxidants that can help support the immune system. Mushrooms also help fight off viruses and harmful bacteria. There is even evidence that many varieties of mushrooms can help people reduce inflammation and even help alleviate arthritis. A few published studies have found that shiitake and maitake mushrooms can help reduce the risk of illnesses like Alzheimer's disease and cancer. And researchers have found that some mushrooms can help lower your blood sugar to help prevent diseases such as diabetes. Plus, mushrooms provide key minerals like potassium and zinc along with good doses of vitamin D and the B vitamins niacin and riboflavin. In fact, mushrooms are the only natural source of vitamin D in the produce aisle. Apart from meat, fish, eggs and fortified food products, the only other way for us to get vitamin D is through sun exposure. Vitamin D is a critical nutrient because it helps us absorb calcium and build strong bones. When you factor in their taste, mushrooms are like nature's plant-based meat with a side of sunshine. Hell yeah, shrooms!

Mushrooms are also the top source of selenium in the produce aisle. Selenium is one of those antioxidants in produce that boosts your immune system, fighting off viruses and bacteria. Selenium also helps prevent chronic diseases like heart disease, some cancers, and other diseases of aging. Mushrooms are even a top source of glutathione and ergothioneine, two powerful antioxidants that researchers have found to be central in preventing constant "oxidative stress" and cell damage in the body.

Ok, so mushrooms can help your body stay healthy inside. What about the outside? You might not think of mushrooms as a weight loss aid. But they just might be. Preliminary research suggests that replacing calorie-dense foods like beef with low-calorie mushrooms provides dietary satisfaction without all the fat and calories. That's why "blended burgers" made with half ground beef and half ground mushrooms became such a hot item a few years back. But we say, why go half way? Go all the way! The Sarno Sear (page 12) replaces beef altogether by pressing and searing mushrooms into dense, satisfying mushroom steaks. From there you can chop the steaks and make incredible plant-based sandwiches like Game Day Mushroom Steak & Cheese Sandwiches (page 14). This sandwich is so rich in meaty flavors and plant-based cheesy goodness, you won't miss the meat at all.



MUSHROOMS CAN PROVIDE CLOTHING & SHELTER

Seriously? We're eating more shrooms, but you say we might soon be wearing mushrooms and living in mushrooms, too? Well, sort of... Fashion designers, architects and engineers have long been on the hunt for more sustainable fabrics and construction materials. Unlike resource-intensive fabrics such as conventional cotton, nonbiodegradable polyester, and animal hide leather, more sustainable fabrics are made from recycled materials or those that have a lower environmental impact. Once again, mushrooms show us the way. It turns out that mycelium, the underground threadlike "roots" of mushrooms, can be turned into a strong and malleable material. As a fabric, it's being marketed as mushroom "leather" under brand names such as Mylo. Yes, you can now buy plant-based black leather pants. We shit you not. Rock on, mushrooms!

Soon you may also be able to buy mushroom-based building bricks. According to the United Nations, commercial and residential construction and building materials like concrete contribute about 10% of all greenhouse gases worldwide. And the construction problem is getting worse. Mushrooms to the rescue. Engineers have found a way to form threads of mushroom mycelium into dense sheets and blocks that are showing promise as construction materials. Mycelium sheets already work well as insulation, and the blocks may one day be strong enough to replace concrete blocks. Best of all, these mycelium materials can help combat climate change by generating far less carbon dioxide. Even if buildings made with mushroom bricks are demolished in the future, the bricks are biodegradable and less wasteful than other demolished construction materials.

Mycelium building materials are still in the early stages of research and development. But how cool would it be to live in an eco-friendly tiny house made of fungi? Have a look at this video to see how mushroom bricks held up in a few recent tests.



A hand is visible in the top left corner, holding a mushroom. Below it, a black cast-iron skillet is filled with cooked, sliced mushrooms, showing a golden-brown, caramelized texture. The background is a light-colored, textured surface.

MUSHROOMS CAN KEEP YOU SANE

Some of the most exciting developments in modern mushroom research are in the mental health field. “Magic” mushrooms have been used for therapeutic and religious purposes for hundreds and potentially thousands of years by Aztec, Mayan, Greek, and other indigenous cultures. But after a few too many bad LSD trips in the 1960s, magic mushrooms were deemed illegal in 1970 in the U.S. The U.K. made psychedelic mushrooms illegal in 2005. However, pioneering doctors continued to study the therapeutic benefits of psilocybin, the psychoactive compound in magic mushrooms. They just did it underground. In the dark. These scientists weren’t trying to get high and go on psychedelic trips. They saw lasting positive benefits in treating depression, anxiety, alcoholism, and substance abuse among their patients.

Now, lawmakers in the U.S. and U.K. are finally seeing the light. They are relaxing the rules so that clinical trials can continue. Legally. The U.S. Food and Drug Administration recently granted “breakthrough therapy” status to psilocybin for a select few organizations, such as the Johns Hopkins University School of Medicine in Baltimore, Maryland. Anticipating a sea change in psilocybin mushroom laws, more than 20 U.S. companies have raised millions of dollars in funding and have gone public in the past year, and more than a dozen other companies have moved into the therapeutic mushroom space, according to a recent report. U.K. lawmakers are also reconsidering the therapeutic value of psilocybin mushrooms, and researchers there may soon be able to continue legal clinical trials.

This change in regulatory attitudes comes at a time when both doctors and patients are frustrated with traditional pharmaceuticals and their inability to control chronic pain and mental health conditions without leading to addiction or lasting side effects. The fact is, several recent studies have shown that psilocybin mushrooms can effectively relieve depression and anxiety. Some preliminary studies show that psilocybin may even be more effective than current antidepressants on the market.

The therapeutic mushroom movement has really picked up steam in the last few years. There has been a groundswell of interest ever since award-winning journalist Michael Pollan published his groundbreaking 2018 book *How to Change Your Mind: What The New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence*. A year later, John Hopkins University established the Center for Psychedelic and Consciousness Research to examine the effectiveness of psilocybin for treating illnesses such as depression, anxiety, and nicotine addiction. A recent survey of mental health studies found that 100 to 150 clinical trials using psychedelic compounds like psilocybin are currently being conducted around the United States.

Mushrooms have come a long way. It seems that the research and field studies of early pioneers and the lifelong work of renowned mycologist Paul Stamets are finally coming to fruition. In November 2020, the state of Oregon legalized psilocybin mushrooms for therapeutic use and decriminalized possession of small amounts. Similar measures are being considered in other U.S. states like Colorado, California, Michigan, Massachusetts and Washington DC. Doctors around the world who have worked in the mental health field for decades predict that medical psilocybin will be approved for therapeutic use by federal lawmakers in only a few years.

MUSHROOMS ARE SUSTAINABLE

There's a lot happening in the world of fungi. The best news of all is that mushrooms are among the most sustainable organisms on the planet. That probably explains why they're among earth's longest living organisms. According to the [U.S. Mushroom Council](#), growing a pound of mushrooms requires only 1.8 gallons of water and 1.0 kilowatt hours of energy. That's far less water than it takes to produce 1 pound of beef, which requires anywhere from 400 to 2,000 gallons, depending on where and how it's produced. Better yet, that 1 pound of mushrooms generates only 0.7 pounds of CO₂ equivalent emissions, according to the Mushroom Council. Plus, growing mushrooms yields an average of 7.1 pounds of produce per square foot. That means up to 1 million pounds of mushrooms can be grown on just a single acre.

Delicious. Nutritious. Therapeutic. Sustainable. No wonder there's a mushroom movement afoot! Even the best restaurant in America—indeed one of the world's best restaurants—is on board with mushrooms in general and plant-based eating specifically. New York City's three-Michelin star restaurant Eleven Madison Park reopened in 2021 with an entirely vegan menu featuring the fantastic fungi.

If all of that isn't enough reason to hop aboard the mushroom train, what can we tell you? How about we start in the kitchen with a little cooking demo so you can taste them for yourself.





THE SARNO SEAR

Pressing and searing mushrooms is a game-changer. It is the single most important thing you can do to make mushrooms taste meatier, chewier, and deeply flavorful. That's because mushrooms are unique among plant-based ingredients. Like meat, mushrooms are rich in nitrogen. And that helps them generate the same browning-reaction aromas that meats do when mushrooms are seared and browned at high temperatures. That is why cooked mushrooms smell and taste so meaty. Our breakthrough technique is not only to sear the shrooms but to press them as well, which concentrates their texture, making them taste even more chewy and satisfying.



The Sarno Sear is perfect for oyster mushroom clusters because it presses the individual mushroom petals into one big, meaty "steak." All of the recipes in this manifesto use brown oyster mushrooms. They have the perfect shape and size for this technique, and they're easy to find in U.S. and U.K. stores. When you see a recipe referring to the "Sarno Sear" here's what to do:



Get a large heavy pan like cast-iron ripping hot over medium-high heat and add a little oil, swirling to coat the pan. Trim the tough stem from the oyster mushrooms keeping each cluster in one piece. Place the mushrooms stem side down in the pan then put another heavy pan over the mushrooms to gently weigh them down, but don't press down hard yet or the shrooms will break. After a couple minutes, the shrooms will have released some water and softened up a bit. At that point, fold up a kitchen towel or use tongs to gently press the center of the top pan to begin pressing the mushrooms. As the shrooms release more water, apply firmer and firmer pressure to press the mushrooms. Pressing the first side will take 5 to 6 minutes.



Season with salt and pepper (or a dry rub), then flip the shrooms with tongs or a spatula and add a little more oil, shaking the pan to get the shrooms coated. Press firmly until they are seared, browned, and pressed to less than half their original thickness, another 5 minutes or so. Season the second side, and continue pressing, searing, and flipping until both sides are slightly charred and crispy.

You can serve the pressed and seared mushroom steaks as is, or use them as a base for other preparations. Check out the range of recipes in this manifesto to see what we mean.



*Perfect for
oyster mushroom
clusters*

It presses
the individual
mushroom petals
into one big,
meaty "steak."

GAME DAY MUSHROOM STEAK & CHEESE SANDWICH

Eating plant-based doesn't mean giving up cheesesteaks. With the Sarno Sear, some Follow Your Heart smoked gouda cheese, and a decent sandwich roll, you can chomp down on killer cheesesteaks while enjoying the game. Make the filling ahead, and you can whip these up during halftime. Or wrap them in foil and take them to go! To see how to make these easy sandwiches from start to finish, [watch the video here](#).

Serves

2-3

Prep Time

10 minutes

Cook Time

30 minutes

2 big brown oyster mushroom clusters, about 10½ oz/300 g total

Sea salt

About ½ tsp cracked black pepper

½ tsp granulated garlic

½ large onion

4 small dill cucumber pickles

4 Thai red chilies

4 Tbsp plant-based mayo

4 long sandwich rolls or 1 baguette, halved and sliced sandwich-style

4-6 slices Follow Your Heart smoked gouda cheese

Preheat the oven to 400°F (200°C) with convection on if you have it.

Use the Sarno Sear (page 12) to press and sear the brown oyster clusters with the salt, pepper, and granulated garlic.

Cut the onion into thin strips (julienne), then move the mushrooms to one side of the pan. Add the onions to the other side and toss to coat with some of the oil in the pan. Season them with salt and pepper, then place the pan in the oven and bake until the onions are lightly browned and the mushroom skins are crisped a bit, 15-20 minutes.

Chop the browned onions and mushrooms, then chop the pickles and chilies. Assemble the sandwiches by spreading mayo inside the bread, then adding the cheese. Put the sammies on a baking sheet then pile on the chopped mushrooms, onions, pickles, and chilies. Pop them in the oven for a couple minutes until the cheese melts and the bread is lightly toasted.



WICKED FRIED RICE

with Sticky Teriyaki Shrooms

Got leftover rice in the fridge? Turn it into extra-special fried rice packed with protein and veggies. We're not trying to win any awards with this recipe. It's just a super easy way to transform leftover grains (try quinoa or barley!) into a tasty, filling dish. Teriyaki really bumps up the flavor, but you can use any Asian-style sauce you have in your cupboards. If you want to see just how simple it is, [watch the video here!](#)

Serves
4-6

Prep Time
15 minutes

Cook Time
25 minutes

2 brown oyster mushroom clusters,
about 10½ oz/300 g total

Sea salt to taste

About ½ tsp ground black pepper

1 tsp granulated garlic

About ⅔ cup teriyaki sauce
(158 ml) such as Wicked Kitchen
Sticky Teriyaki Sauce

½ small red onion

4 green onions

1 bunch of asparagus
(1 lb/454 g)

1 cup frozen corn

2 Tbsp minced fresh ginger

1 (15-oz) can chickpeas (400 g),
drained

2 cups snap peas or snow peas

2 cups frozen peas

2 Tbsp toasted sesame oil
(30 ml)

4 cups cooked rice (Perfect Brown
Rice recipe here)

1 thinly sliced red chili pepper, for
garnish

Preheat oven to 420°F (215°C).

For the shrooms, use the Sarno Sear (page 12), but break the mushrooms into individual petals first. You can press and sear all the separate petals in the pan at once, seasoning them with salt, pepper, and granulated garlic. Near the end of cooking, spoon 5 tablespoons (78 ml) of teriyaki sauce over the mushrooms and turn with the tongs to caramelize the mushrooms in the sticky sauce.

Turn off the heat and transfer the pan o' shrooms to the preheated oven. Bake for 15 minutes.

Meanwhile, cut the red onion into thin strips and chop the green onions. For the asparagus, cut the whole bunch in half crosswise (you can leave the rubber band on). Save the top part with the tips for another recipe. For this dish, chop the remaining asparagus crosswise into little coins. Then mince the ginger and get everything else ready to go.

Heat a wok or deep skillet over high heat. When hot, add the red onions and stir fry for 10 seconds. Then stir in the corn, ginger, chickpeas, snap peas, frozen peas, and asparagus, stirring each for 5 seconds when added. Stir in the sesame oil, a couple pinches black pepper, a pinch of salt, and then the cooked rice. Stir in the remaining 5 tablespoons (78 ml) of teriyaki sauce and half the green onion.

Remove the mushrooms from the oven.

Plate up the fried rice and add the meaty teriyaki mushrooms on top. Garnish with the sliced chili and green onion.



SPEZZATINO PASTA

with Oyster Mushroom Steak

Some of our favorite meals are incredibly flavorful plates prepared from humble ingredients. Pasta, mushrooms, kale, tomatoes, garlic. Why complicate it with anything else? Power up to the plants! Serve this dish with some warm, crusty sourdough slathered with plant-based butter. Extra credit if you turn it into sourdough garlic bread. [Check out the video for the mushroom steak here](#) and [for the pasta here](#).

Serves

4

Prep Time

15 minutes

Cook Time

45 minutes

Mushroom Steaks

4 brown oyster mushroom clusters,
about 22 oz/600 g total

Sea salt to taste

About ½ tsp cracked black pepper

1 Tbsp Italian seasoning

1 tsp granulated garlic

8-10 cherry tomatoes

2 cups tomato sauce (475 ml),
such as our Red Sauce
(page 24)

Pasta

1 lb fusilli pasta (454 g)

3-4 big handfuls kale

1 big handful flat leaf parsley, plus
some for garnish

2-3 cloves garlic

4 Tbsp olive oil

6 Tbsp plant-based butter

½ lemon, juiced

¾ cup grated plant-based
Parmesan cheese (75 g)

Preheat the oven to 350°F (180°C) with convection if you have it.

Use the Sarno Sear (page 12) to press and sear the brown oyster clusters with the salt, pepper, Italian seasoning, and granulated garlic.

Transfer the mushrooms to a 1½ qt/1.5 L baking dish. Add the cherry tomatoes, then pour on the tomato sauce. Bake until crispy on top and juicy in the middle, 30-40 minutes.

Meanwhile, make the pasta. Cook the fusilli in salted boiling water until tender, 10-12 minutes.

Remove the kale stems and rough chop the leaves. Chop the parsley and garlic too.

Heat the oil in a big saucepan over medium heat, then add the kale, parsley, and garlic to the pan. Cook until wilted, 3 to 4 minutes. Season with salt and a pinch of pepper, then add the butter and cooked drained pasta, stirring to combine thoroughly. Remove from the heat and stir in the lemon juice.

Plate up the pasta and sprinkle with a little fresh cracked black pepper and parm. Then slice the mushroom steaks and serve them over the top. Garnish with parsley.



SHROOM STEAK SOUVLAKI SANDWICH

Here's a good dish to start in the morning and finish later in the day for lunch or dinner. Or marinate the shroom steaks overnight for even more flavor. The marinade's the star, a classic Greek combo of olive oil, garlic, lemon juice, and oregano. Those flavors infuse deep into the steak and veg. A dollop of cucumber-dill-yogurt sauce brightens up the whole lot. Wrap it in warm, soft pita bread, and this sandwich is great at home or on the go.

Serves

4

Prep Time

20 minutes

Cook Time

30 minutes

(plus a few hours marinating and chilling)

Mushrooms and Peppers

2-3 brown oyster mushroom clusters, about 10½ oz/300 g total

Sea salt to taste

½ tsp cracked black pepper

2 large bell peppers (mixed colors)

2 green onions

3 cloves garlic

1 lemon, juiced

¼ cup extra-virgin olive oil (60 ml)

1 tsp dried oregano

Salt and pepper

Use the Sarno Sear (page 12) to press and sear the brown oyster clusters with the salt and pepper.

Meanwhile, cut the pepper flesh from the cores, then char the peppers on a grill or under a broiler until they start to get tender but are still a little crisp, 5-6 minutes.

While the peppers are charring, make your marinade: Chop the green onions and mince the garlic, and scrape them into a shallow 2-qt/2-L baking dish. Stir in the lemon juice, olive oil, and oregano. Chop the charred peppers into bite-size chunks, add them to the marinade, then season the whole lot with salt and pepper. Bury the seared oyster clusters in the marinade, and let everything marinate at room temperature for 1 hour or up to 4 hours. Or cover and marinate overnight in the fridge.

Tzatziki:

¾ cup nondairy yogurt (177 ml), such as Oatly

½ lemon, juiced

½ small English cucumber

1 green onion

1 Tbsp chopped fresh mint and/or dill

Salt and pepper

You can make the tzatziki ahead too. Mix the yogurt and lemon juice in a bowl, then dice the cucumber and chop the green onion and herbs. Stir them in, then season with salt and pepper. Chill in the fridge for 1 hour or up to 2 days.

When ready to eat, heat the oven to 350°F (180°C). Heat the mushroom mixture and marinade in the baking dish until hot, 15-20 minutes. During the last 5 minutes, put the pita or naan in the oven to warm up. Remove everything from the oven, then remove the mushrooms to a cutting board and slice into strips. Shred the lettuce and quarter the tomatoes. Place a pile of mushrooms on each piece of bread, spoon on some peppers and marinade, and then some tzatziki. Top with the lettuce, tomatoes, and hot chilies (if using). Fold up and chow down.

Bread and Topping:

4 oblong pita or naan

A few leaves romaine lettuce

8-10 cherry tomatoes

1 thinly sliced Thai hot chili (optional)



CHIPOTLE MUSHROOM STEAK TACOS

You like it spicy? So do we! Smoky chipotle chilies and meaty mushroom steaks make a slam dunk combination. Quick pickled onions add the bright notes, and if you haven't made fresh corn tortillas before, you're in for a real treat. They come together in a flash. Of course, you could use premade tortillas in a pinch.

Serves
3-4 (10 tacos)

Prep Time
40 minutes

Cook Time
30 minutes

Pickled Onions

- 1 small red onion
- 1/3 cup water (80 ml)
- 1/3 cup distilled vinegar (80 ml)
- 1/2 Tbsp salt
- 1/2 Tbsp sugar

Tortillas

- 3/4 cup masa harina, preferably blue (125 g)
- 1/4 tsp sea salt
- 1/4 cup hot water (180 ml)

Mushrooms

- 3 big brown oyster mushroom clusters, about 1 lb/454 g
- 1 Tbsp chipotle paste or canned chipotles
- 2 Tbsp vegetable oil (30 ml)
- 2 Tbsp soy sauce (30 ml)
- 1/2 tsp smoked paprika
- 1/2 tsp granulated garlic

Toppings

- 1 large tomato
- 1 serrano or jalapeño chile
- 1/2 small head of lettuce
- Hot sauce
- Lime wedges, for squeezing

For the pickled onions, slice the onion into thin strips (julienne) and place in a small bowl or clean jar.

In a measuring cup, mix together the water, vinegar, salt, and sugar until dissolved. Pour the liquid over the onions and place in the fridge to pickle while you prep everything else.

For the tortillas, combine the masa harina and salt in a medium bowl. Pour the hot water over top and mix well with a spoon until a dough forms. Add just enough water for the dough to come together when pinched. Cover with plastic wrap and leave to hydrate for 20 minutes.

For the mushrooms, use the Sarno Sear (page 12) to press and sear the brown oyster clusters. Instead of using salt and pepper, mix together the chipotle paste, oil, soy sauce, paprika, and granulated garlic in a small bowl. Spread the chipotle mixture on the mushrooms as you press and sear them. When they are done, turn off the heat but leave the mushrooms in the pan, covered with a lid so they stay hot while you cook the tortillas.

Divide the now hydrated tortilla dough into 10 balls (each weighing around 1 oz/30g). If the dough feels sticky, let it hydrate for another 5 minutes.

Heat a dry frying pan over medium heat.

Cut the sides of a 1 qt/1 L plastic sandwich bag so you're left with two squares of plastic. Place a dough ball between the pieces of plastic and place inside a tortilla press. If you don't have a tortilla press, just roll the dough evenly between the plastic using a rolling pin. You want it pretty thin.

Remove the plastic and slap the tortilla onto the hot frying pan. Cook until slightly pale in color, about 1 minute per side. Don't let it burn.

Remove the tortilla from the frying pan and wrap in baking parchment and then in a clean tea towel to keep it hot and keep it from drying out. Repeat until you've cooked all 10 tortillas.

For the toppings, dice the tomato and chilies, and chop or tear the lettuce. Slice the mushroom steaks, too, then set out the pickled onions.



Build each taco with the mushrooms, tomatoes, chilies, lettuce, and pickled onions. Serve with hot sauce and a squeeze of fresh lime!

WICKED MUSHROOM CACCIATORE

Italians and Boston go together like tomatoes and basil. That's the part of the world we Sarnos are from, and this dish honors our Italian roots. "Cacciatore" means "hunter" in Italian and we hunted down some meaty AF mushrooms for this dish! Simmered in red sauce with fresh herbs, these mushroom steaks take on deep woody flavors. The longer they simmer, the better flavors you get. This is the perfect meal for weekends when you can let the cacciatore sauce bubble away on the stove for hours. Or start it one day and finish it the next!

Serves
6, plus 1 quart extra red sauce

Prep Time
30 minutes

Cook Time
4 hours

Red Sauce

2 onions
1 carrot
8 cloves garlic
½ cup olive oil (118 mL)
6 (15 oz/400 g) cans whole plum tomatoes, with juice
Salt and pepper

For the red sauce, dice the onions, scrub and grate the carrot, and mince the garlic. Saute all three in the oil in a big saucepot over medium heat until the onions start to soften, 3-4 minutes. Cut the heat to low and let everything cook down until the carrots are nice and soft, about 30 minutes. Then crush the tomatoes in your hand over the pan and drop them in the pan. Add the juice too. When all the tomatoes are in, bring to a simmer then simmer the sauce gently on medium-low heat until the tomatoes break down a bit, 45 minutes or so. Season with salt and pepper. You only need half the red sauce for this recipe. Save the rest, about 1 quart, in the fridge or freezer. It's great on pasta.

Cacciatore Additions

4 bell peppers (mixed colors)
1 onion
1 large carrot
2 Tbsp chopped fresh rosemary and/or thyme

For this cacciatore sauce, we like to add some bell peppers and more veg. Core and chop the peppers, chop the onions, and scrub and chop the carrots. Add them to the cacciatore sauce along with the herbs, and cook over low heat until the new vegetables are soft, about 45 minutes more. Season with salt and pepper then pour the sauce into a shallow 2-3 qt/ 2-3 L baking dish.

Steaks, Zucchini/Courgettes, and Pasta

4 brown oyster mushroom clusters, about 22 oz/600g total
Sea salt to taste
1 tsp cracked black pepper
2 medium zucchini/courgettes
1 lb casarecce or other short shape pasta (454 g)
Fresh parsley, optional

Preheat the oven to 250°F (120°C).

For the brown oyster mushrooms, use the Sarno Sear (page 12) to press and sear the clusters with the salt and pepper. Then bury the seared clusters in the cacciatore sauce in the center of the baking dish. Bury the whole zukes in the sauce on the sides of dish around the shrooms. Cover the whole lot with parchment, pressing it down onto the veg, and bake at 250°F (120°C) until the zucchini/courgettes are soft but not mushy, 1-2 hours, turning them halfway through so they cook evenly. When they're soft, let everything cool in the roasting pan. At that point, you can proceed to the next step, or cover and chill the dish for up to 3 days.

When you're ready to finish the dish, get a pot of salted water boiling and preheat the oven to 400°F (205°C). Remove about 1½ cups (350 mL) of the cacciatore sauce to toss with the pasta. Then pull the mushroom steaks to the top of the sauce so the mushrooms are fully exposed.



Remove the zucchini/courgettes to a cutting board and slice them crosswise, then return them to the sauce in the same spot and season them with a little salt and pepper. Roast the whole dish with no cover to crisp up the skin of the mushrooms and zucchini/courgettes, 10-12 minutes.

Meanwhile, cook the pasta until al dente, drain it, and toss it with the reserved cacciatore sauce to keep it from sticking. Slice the mushroom steaks and the

zucchini/courgettes on a cutting board. Divide the sauced pasta among plates, top with more of the sauce, the sliced steaks and zucchini/courgettes. Garnish with plant-based Parmesan and parsley if you like.

Note: For a flavor bump, char the bell peppers on a grill or under a broiler until they start to get tender but are still a little crisp, 5 to 6 minutes. Then chop and add to them to the sauce.

CHICKEN FRIED MUSHROOM STEAK AND GRAVY

Sometimes you just want a plate of comfort food. No fuss. No flash. Just good food. This all-plant alternative to your favorite, crispy breaded steaks comes complete with creamy mushroom gravy. Here, we use the exact same bread-and-fry techniques with shrooms that we used back in the day with meat. It's bang on. There's no need to kill shit for flavor! This full-on Wicked dish proves it. [Check out the full video here.](#) And if you need a refresher on how to make creamy, plant-based mashed potatoes, [get that recipe here!](#) This dish also tastes great with our [Wicked Kitchen Asian Style BBQ Sauce](#) (as shown in photo).

Serves
3

Prep Time
20 minutes

Cook Time
30 minutes

Chicken Fried Mushrooms

3 big [brown oyster mushroom clusters](#), about 1 lb/454 g total
¾ cup plant-based mayo (177 ml)
About ½ cup plant-based milk (118 ml), such as Oatly
1 cup all-purpose/plain flour (125 g)
2 Tbsp nutritional yeast
¾ tsp smoked paprika
1 tsp onion powder
1 tsp granulated garlic
½ tsp dried oregano
About ¾ tsp ground black pepper
Sea salt to taste
1 cup panko breadcrumbs (56 g)
About ⅓ cup vegetable oil (80 ml)

Gravy

4 large king oyster mushrooms (eryngii)
2 tsp cracked black pepper
¾ tsp onion powder
½ tsp granulated garlic
¼ tsp smoked paprika
4 cloves garlic, sliced
2 Tbsp all-purpose/plain flour
About 1¼ cups plant-based milk (295 ml)
1 Tbsp plant-based butter

For the chicken fried mushrooms, use the Sarno Sear (page 12) to press and sear the brown oyster clusters with the salt and pepper.

Meanwhile, whisk the mayo with milk in a shallow dish until it has the consistency of heavy cream (double cream).

Mix the flour in a medium bowl with the nutritional yeast, onion powder, granulated garlic, smoked paprika, dried oregano, black pepper, and salt.

When the mushroom steaks are cooked, let cool a bit then coat the steaks with the seasoned flour and place on a parchment-lined baking sheet.

Now, mix the panko into the seasoned flour. Dip a floured steak into the mayo mixture, allow excess liquid to drip off, and dip it into the panko'd flour, coating thoroughly. Set aside on plate. Repeat with each steak.

Heat a medium cast-iron pan over medium heat and add enough oil to shallow fry, swirling the pan to coat the entire surface.

Place the breaded steaks in the hot pan and fry until crispy and golden, 2-3 minutes per side. As they're done, place them on folded paper towels on a baking sheet.

For the gravy, shred the king oyster mushrooms by dragging a fork lengthwise over each shroom, pulling apart the shreds. Pour off all but 3-4 Tbsp (45-60 ml) oil from the pan then put it back over medium heat. Add the shreds to the pan and stir in the black pepper, onion powder, granulated garlic, and smoked paprika. Cook a minute or so whilst you slice the garlic wicked thin. Stir in the sliced garlic and cook another minute. Whisk in the flour and cook 1 minute. Gradually whisk in the milk, scraping the brown bits off the pan bottom to create a medium-thin gravy. Whisk in the butter and let the gravy bubble and thicken up a bit. Taste it and season with salt to taste.

Serve the breaded steak with the gravy and some mashed potatoes!
Enjoy!



CHILI NOODLES

with Soy Ginger Oyster Steak Strips

A bowl of warm Asian-style noodles will always satisfy those hunger pangs. But this dish goes next level with mushroom steaks marinated in soy sauce, ginger, garlic, and sesame oil then sliced and served on top. Some quick seared spinach and Japanese togarashi spice round out the meal. If you have time, start the shrooms in the morning so they can marinate for a few hours and pick up more flavor. You can even finish this dish the next day!

Serves

2

Prep Time

15 minutes

(plus a few hours marinating)

Cook Time

30 minutes

Shrooms and Noods

2-3 big brown oyster mushroom clusters, about 10 ½ oz/300g total

Sea salt to taste

½ tsp cracked black pepper

½ cup soy sauce (118 mL)

1 lime, juiced

1 Tbsp agave syrup (15 mL)

1 tsp toasted sesame oil (5 mL)

2 tsp minced fresh ginger

2 cloves smoked garlic or regular garlic

1 green onion

1 Thai red chili

10½ oz egg-free fresh Asian wheat noodles, such as lo mein (300 g)

Toppings

6 oz baby spinach (227 g)

1 tsp sesame oil (5 mL)

1 tsp togarashi spice blend, such as Wicked Kitchen

¼ tsp sea salt

Handful of fresh mint and/or cilantro

Thai red chilies, optional

Lime wedges, for squeezing

For the shrooms, use the Sarno Sear (page 12) to press and sear the clusters with the salt and pepper.

Meanwhile, grab a shallow dish and mix the soy sauce, lime juice, agave syrup, and sesame oil in it. Chop the green onion and mince the ginger, garlic, and chili, adding them to the dish. That's your marinade. Add the seared shrooms to the marinade and let soak for a few hours at room temperature, turning a few times, or overnight in the fridge for more flavor.

When you're ready to eat, heat the oven to 400°F (200°C). Pour most of the mushroom marinade into a mixing bowl, then stick the mushroom dish in the oven and roast until hot, about 15 minutes. Meanwhile, pour boiling water over the noodles and let them sit for a minute to rehydrate (or cook the noodles according to the package directions). Then drain the noodles and transfer them back to the reserved marinade. Toss to coat.

For the topping, sear the spinach in the sesame oil over medium heat in a large saute pan. The spinach will cook way down in just a minute or two. As it does, season with the togarashi and salt. You just want to wilt it but not make it mushy.

Remove the hot shroom steaks to a cutting board and slice them.

Divide the noodles among shallow bowls and fan the sliced shroom steaks over top. Add some spinach, herbs, and more chilies if you like. Squeeze fresh lime juice over the steaks and you're good to go.

Notes: For this dish, we like to use cold-smoked raw garlic, which tastes amazing and is available in some stores. If you can't find it, use regular raw garlic and add ½ tsp (2½ mL) liquid smoke to the marinade.

Of course, we like the Wicked Kitchen togarashi here. Or you can use a mix of black and white sesame seeds, dried orange peel, cayenne pepper, black pepper, ginger powder, and nori seaweed flakes.



INTERMEDIARY SOURCES

The oyster mushrooms used throughout this manifesto can be found in many markets worldwide, especially if you order online. Or pick up a fungiculture kit and grown your own! We call for brown oyster mushrooms in the recipes because they are so widely available in major supermarkets. But if you come across blue, pink, or yellow oyster mushrooms, they'll work just the same. Buy from your local farmer's market or supermarket, or use the links below. Other links here give you a deeper dive into the environmental, medicinal, culinary, and health benefits of all mushroom types. Plus some measurement conversions so you can make these recipes no matter where you live.

[Order Mushrooms at Whole Foods Market \(U.S.\)](#)

[Order Mushrooms at Tesco \(U.K.\)](#)

[Fantastic Fungi Movie](#)

[Fungi Perfecti, the site of renowned mycologist Paul Stamets](#)

[Mycologist Paul Stamets on 6 Ways Mushrooms Can Save the World](#)

[Paul Stamets on Mushrooms, Mycology, and Medicines](#)

[Mushroom Sustainability Facts from the U.S. Mushroom Council](#)

[Mushroom Health Benefits from the U.S. Mushroom Council](#)

[Mushroom Health Benefits from World's Healthiest Foods](#)

[Farm Tour of a Huge King Oyster \(Eryngii\) Mushroom Farm in South Korea](#)

[US/UK Measurement Conversions](#)

[UK Glossary](#)

CREDITS



Derek and Chad Sarno are chefs and brothers on a mission. They're from New England and their goal is to help you make wicked delicious plant-based food. Derek is the former Senior Global Executive Chef at Whole Foods Market in the US and is currently Executive Chef & Director of Plant-Based Innovation at Tesco, the U.K.'s largest supermarket chain. Chad also worked at Whole Foods Market as the company's Global Research and Development Chef and culinary media spokesperson, for the plant-based seafood company, Good Catch Foods, which he co-founded with Derek. Both Derek and Chad are the masterminds behind Wicked Healthy, the Wicked Healthy Cookbook, and the Wicked Kitchen Foods (U.K.) and Wicked Foods (U.S.) lines of plant-based food products. The Wicked Mushroom Manifesto II is the second volume in their series of ebooks benefitting the planet, people, and animals. You can get their first Mushroom Manifesto I [here](#) for free. The amazing taste and healing power of mushrooms takes center stage in both. There are more ebooks to come.



David Joachim has authored, edited, or collaborated on more than 50 cookbooks, including The Wicked Healthy Cookbook with Chad Sarno and Derek Sarno, and The Science of Good Food, an IACP Award winner and James Beard Award finalist. His A Man, a Can, a Plan series of healthy cookbooks has sold more than one million copies. He is an amateur mushroom forager and grower.

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