



MUSHROOM MANIFESTO

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WICKED MUSHROOM MANIFESTO

"Mycelium is the
neurological network
of nature."

-Paul Stamets

Our mission is to benefit the planet, people, and animals. We believe that mushrooms are an amazing and underutilized advantage for all three. **Mushrooms have the lowest carbon footprint of all produce and animal agriculture.** Mushrooms have a meaty texture that can be even more

satisfying than meat. Mushrooms are full of antioxidants that can help boost the immune system. **Mushrooms can help fight off viruses and harmful bacteria.**

Mushrooms may help some people reduce inflammation and diseases like arthritis.

Mushrooms are a good source of vital minerals like iron, copper, phosphorus, and zinc. **Mushrooms may help reduce the risk of illnesses like cancer and Alzheimer's**

disease. Mushrooms may help lower your blood sugar and help prevent diseases like diabetes. How cool is it that mushrooms grow underground in the dark

but bloom above in the light? **Mushrooms are fungi, and fungi were the earliest**

living organisms on earth, coming to land 1.3 billion years ago. Mycologists

(mushroom scientists) have found that all ecosystems and life forms on earth

are underpinned and supported by fungi. *The mushrooms we see above*

ground are the fruiting bodies of a vast, interconnected network of thin, branching, threadlike mesh called mycelium. A mycelial network can hold

up to 30,000 times its mass. It is a real subterranean web that spreads for miles

underfoot in soil around the entire planet. The mycelial network is the pathway

through which beneficial nutrients and water are delivered to plants. **90% of**

plant species depend on fungi for essential nutrients through their roots.

This "myconet" boosts the immune system of plants and allows them to

collectively manage available resources in the soil. Mycelium also breaks

down rocks and creates soil. Mycelium is a microfiltration membrane. It

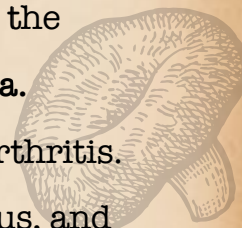
cleans and recycles soil, creating a porous structure to help plants grow in the

most fertile conditions possible. In exchange, plants provide fungi with food in

the form of carbohydrates.



*Mushrooms can
help fight off
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Wicked Mushroom Manifesto continued

Without that food, the mushrooms we see above ground would never grow. By creating fertile soil, mushrooms also allow other organisms and animals to grow and thrive. Mycelium survives, in part, by taking in oxygen and giving off carbon dioxide, just like we do. Ecologists have known for a long time that all organisms are interconnected and interdependent, much more than most people

By creating fertile soil, mushrooms also allow other organisms and animals to grow and thrive.

realize. Mushrooms can help us. Some of our best antibiotics are derived

from fungi. Studies have shown that mushrooms are effective in combating pox and flu viruses.

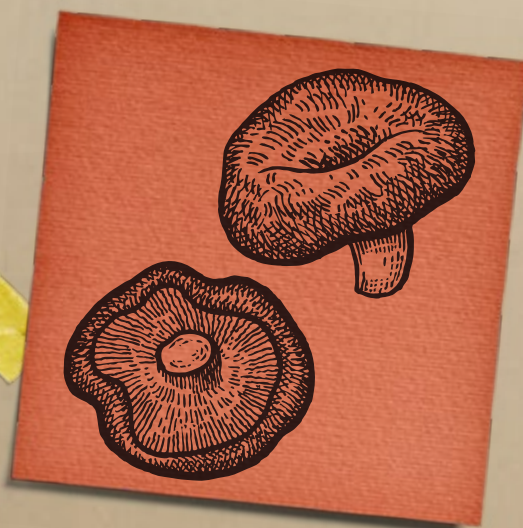
Mushrooms can help purify toxic waste sites, making unusable land fertile again. Some fungi are entomopathogenic: They kill invasive insects like termites, carpenter ants, and agricultural pests.

They can benefit the agricultural industry. Mycelium threads have also been hailed as fashion's new future fabric. They can be manufactured with wood fibers into a leather-like textile that requires no animal hide whatsoever. Mycelium can also be made into weatherproof materials, apparel, and footwear. As chefs, we have had some amazing revelations working with and cooking mushrooms as meat. We believe that mushrooms are the best, most natural, most unprocessed meat alternative.

When cooked right, mushrooms have a meatier texture than any other meat alternative. Thanks to their umami (glutamate), sulfur compounds, and protein, mushrooms have naturally meaty flavors.

Mushrooms can grow anywhere in the world. We believe that mushrooms can be the basis of a more resilient, parallel food system that could eventually replace the current system of animal agriculture.

We believe that mushrooms are the best, most natural, most unprocessed meat alternative.



FILE PHOTO: WICKED MUSHROOM MAFIA FAMILY



Portobello

Cluster
Oyster

King "Trumpet"
Oyster

Shiitake

A mycelial network
can hold up to 30,000
times its mass. It is a
real subterranean web
that spreads for miles
underfoot in soil around
the entire planet.

TIP SHEET

Have you seen the lords of the underworld? The Kingpins. The Dons. The Bosses. The Shrooms. They have many aliases. They can be hard to find. They pop up from underground when you're least expecting it. But after years of detective work, we have learned how to bring this underworld network of operatives to justice. **We use the "press and sear" tactic.** When applied to mushrooms, this Wicked strategy condenses the shrooms, creating a crisp crust on the outside and a dense, chewy, juicy, satisfying texture inside. **The "press and sear" technique also browns the little buggers, amping up their savory flavors.**

THE PRESS-AND-SEAR MOVE

The strategy is pretty simple. Just heat up a cast-iron pan or other heavy pan until it's ripping hot. Then swirl some oil in the pan and pack in as many mushrooms as will fit (Exhibit A). Put a second heavy pan on top of the shrooms and press them down, searing them right in the slammer. The top pan will get a little hot, so use tongs or a folded kitchen towel when you press (Exhibit B). When the shrooms are all good and browned on the bottom, season them with a little salt, pepper, and other seasonings then flip and brown the other side. Repeat the process, flipping and seasoning and adding a little oil, until the mushrooms get compressed, crisp, and deeply browned on both sides (Exhibit C). **This tactic causes the water to evaporate, which concentrates the flavor.** Pressing them down makes them dense and chewy, and searing magnifies their elusive "umami" flavor.

This press-and-sear strategy works with any member of the mushroom family from consiglieres like portobellos and shiitakes to underbosses like lion's mane, oyster and maitake cluster mushrooms to the big boss himself: chicken of the woods. Taste the results for yourself in Portobello Shawarma (page 9), Meaty BBQ Pulled Mushroom Sandwich (page 24), BBQ Oyster Mushroom Steaks (page 17), and King Oyster Satay (page 22). This special undercover approach will change your perspective on the entire mushroom organization. The technique will change your life and once mastered, make you a better cook! After you press and sear these subterranean gangsters, you can toss them in sauce, marinate them, and even slow-smoke them to make incredible plant-based barbecue. **That's how you press an underworld thug into valuable community service!**

EXHIBIT

A



EXHIBIT

B



EXHIBIT

C





CONFIDENTIAL

NAME : PORTOBELLO

ALIASES : portabella, big cremini, cappellone, Italian brown

FAMILY : *Agaricus bisporus*, Brother: cremini,
BACKGROUND Sister: button mushroom, Daughter: baby bella

LAST SEEN : Kennett Square, PA, USA

DESCRIPTION : fat and plump, dark brown hat, dark gilled
underbelly, short thick white legs (stems)

CULINARY : dense, chewy, savory roasted meat, fried potato,
RECORD yeast extract, umami (glutamate)

CULINARY : garlic, oregano, cumin, tomatoes, olive oil,
ASSOCIATES red wine

MEDICINAL : vitamin D, copper, selenium, potassium,
RECORD phosphorus, vitamin B6, niacin, good source
of antioxidants

MODUS : stuffed, grilled, baked, fried, roasted, sautéed,
OPERANDI pressed and seared



FILE COPY

**MEATY STUFFED
PORTOBELLOS**



MEATY STUFFED PORTOBELLOS

One of the best ways to enjoy big mushrooms like portobellos is to leave ‘em whole. We pack the caps with plant based meat, smother them in delicious, rich tomato sauce then bake ‘em until warm and delicious. Sliced and served over a generous spoonful of creamy polenta with wilted spinach on the side, this dish is next-level comfort food with rich depths of flavor. If you don’t have polenta, serve it with buttered noodles instead! (Plant-based butter of course!)

You can also make this one ahead if you’re entertaining guests.

SERVES	2
PREP TIME	20 MINUTES
COOK TIME	1 HOUR

SHROOMS:

- 2 portobello mushrooms, large (3 oz/85 g) each
- ½ onion, large
- 4 cloves garlic
- 1 tsp red pepper flakes
- 1 tsp fennel seeds
- 1 star anise
- 1 tsp dried oregano
- 2 plant-based burgers, raw (4 oz/113 g each)
- Salt & pepper
- Olive oil
- 1 glass of red wine (about 6 oz/180 ml or ¾ cup)
- 1 Tbsp capers, drained
- 1 can whole peeled tomatoes (28 oz/794 g total)
- 1 bay leaf

POLENTA & SPINACH

- 1½ cups water (350 ml)
- 4 cloves garlic
- 2 Tbsp plant-based butter
- ½ tsp dried oregano
- ¼ tsp smoked paprika
- ½ cup polenta or coarse cornmeal (80 g)
- 4 slices plant-based smoked cheese (3 oz/80 g total)
- ¼ cup unsweetened plant based milk
- 7 oz baby spinach (200 g)

For the shrooms, preheat the oven to 420°F (215°C). Remove the stems from the portobello caps and dice up the stems. Dice the onion, and slice the garlic thin.

Grind the red pepper flakes, fennel seeds, star anise and oregano with a mortar and pestle or in a spice grinder. Transfer to a mixing bowl. Add the burgers to the bowl and season with salt and pepper. Mix well.

Set the portobello caps face up and fill with the seasoned burger mix. Pack it in tightly so the mix won’t fall out.

Heat a medium pot over a medium-high heat, then add 4 tablespoons olive oil and stir in the diced onion, diced mushroom stems, and garlic. Cook 5 minutes then add the wine and capers. Bring to a boil and simmer for a minute. Then add the tomatoes, crushing the whole tomatoes with your hands to break them up. Add the tomato juice too. Add the bay leaf and season with salt (about 1 teaspoon) and pepper. Cook on medium-low until the tomatoes break down and the sauce thickens up a bit, 8 to 10 minutes.

Meanwhile, heat a heavy pan like cast-iron over medium-high heat. When it’s hot, swirl in a little olive oil then place the mushrooms face down (burger mix down) in the pan. Cook until the burger mix is slightly browned, 2 to 3 minutes, then use a spatula to transfer the stuffed portobellos to a small baking dish with the burger side up.

Turn off the heat under the heavy pan, then add about ½ cup (120 ml) of sauce to the pan, quickly swirling it around to loosen all the flavorful bits. Pour that mixture and the remaining sauce over and around the portobellos in the dish. Bake until the mushrooms are tender and the sauce cooks down a bit, 35 to 40 minutes. When done, set aside to cool for 10 minutes. Then remove the mushrooms to a cutting board and slice about ½ inch thick.

For the polenta, heat the water in a medium pot over medium-high heat. Slice the garlic then add to the pot along with the butter. Bring to a boil and whisk in a pinch of salt and pepper, the oregano and smoked paprika. Keep whisking constantly while very slowly pouring in the polenta a few tablespoons at a time. When it thickens and bubbles, cut the heat to medium-low. Dice up the cheese and whisk in until incorporated, then let cook about 5 minutes. Turn off the heat and cover. It will thicken up a bit like oatmeal. Just before serving, reheat and whisk in just enough milk to create a porridge that's loose but not runny,

Heat a heavy pan over medium high heat, then sear the baby spinach in it just until wilted, a minute or two. Season with salt and pepper and turn off the heat.

Put a big spoonful or two of polenta on the center of each plate then fan the mushroom slices over the polenta. Nestle the spinach on one side and spoon the remaining tomato sauce over and around the mushrooms (discard the bay leaf).



**PORTOBELLO
SHAWARMA**



PORTOBELLO SHAWARMA

WITH TZATZIKI & HARISSA



A classic Middle Eastern dish made the plant-pusher way! We slowly press meaty portobello mushrooms, coat them with warming spices, then thinly slice and stack them onto warm pita bread with spicy harissa and cooling tzatziki sauces. Totally satisfying.

SERVES	2 TO 3
PREP TIME	25 MINUTES
COOK TIME	25 MINUTES

SHROOMS:

5	portobello mushrooms, large (3-4 oz/85-113 g each)
2-3 Tbsp	olive oil
2 tsp	paprika
2 tsp	granulated onion
2 tsp	ground cumin
2 tsp	ground ginger (optional)
1½ tsp	ground cinnamon
1½ tsp	dried oregano
1½ tsp	sea salt
½ tsp	fresh cracked black pepper
¼ tsp	ground cayenne pepper
2-3 Tbsp	plant-based butter

TZATZIKI:

½ cup	plain plant-based yogurt (120 g)
1 Tbsp	fresh mint
1	small clove garlic
1 Tbsp	grated lemon zest
	Pinch of sea salt

ALL THE FIXINS:

2-3	pita breads
	Cucumber
	Cherry tomatoes
	Fresh parsley
	Arugula
	Harissa sauce (store bought, or <u>Wicked Harissa Sauce</u>)

Remove stems from shrooms and reserve for another recipe. Get a large heavy pan like cast-iron ripping hot over medium-high heat and add a little oil. Smear a little oil over the cap side of the mushrooms, then place half of the shrooms (or as many will fit) stem side up in the hot pan. Place 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, when the shrooms have softened up a bit, fold up a kitchen towel and gently press it into the center of the top pan to begin pressing the mushrooms. As the shrooms release more water, apply firmer and firmer pressure. Pressing the first side will take 5 to 6 minutes. Flip the shrooms with tongs and press firmly until they are seared, browned, and pressed to half their original thickness, another 5 minutes or so. When fully pressed, remove the shrooms to a cutting board and repeat with the remaining ones.

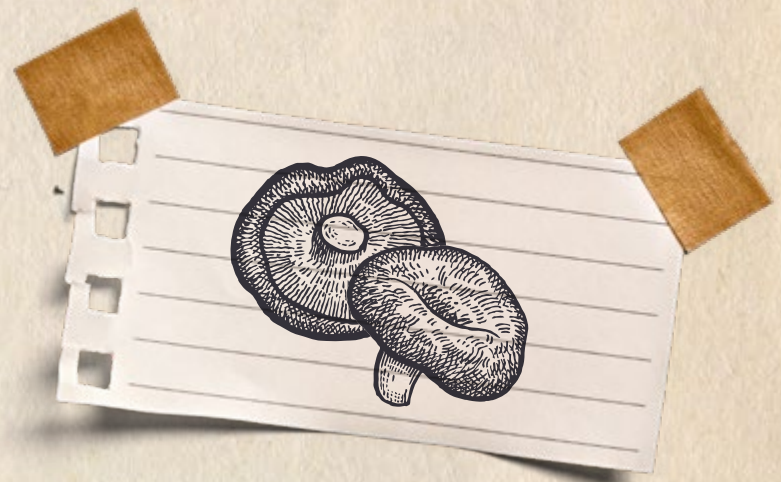
For the seasoning, combine everything else but the butter in a small bowl. Dip the mushrooms into the seasoning, pressing gently or using a spoon for a good coating on both sides.

Heat the same pan over medium heat and melt the butter in it. Add the mushrooms and cook until deeply browned on both sides.

For the tzatziki, put the yogurt in a small bowl. Chop the mint and crush or mince the garlic, adding them to the bowl. Add the lemon zest and season with salt.

For the fixins, warm the pita bread in an oven then wrap in a tea towel. Thinly slice the cucumber, halve the tomatoes, and arrange them with some fresh arugula and parsley sprigs on a platter. Thinly slice the mushrooms reminiscent of kebab meat.

Assemble the shawarma by spreading some tzatziki on each pita, then topping with arugula, sliced mushrooms, tomatoes, sliced cucumber, parsley, and harissa.



CONFIDENTIAL COPY

NAME : **SHIITAKE**

ALIASES : shanku, dongo, sawtooth oak, golden oak, black forest

FAMILY : *Lentinula edodes*, Brothers: shimeji, fairy ring,
BACKGROUND Sisters: honey mushroom, angel wing,
Cousin: enoki

LAST SEEN : Five Great Mountains, China

DESCRIPTION : reddish brown hat like an umbrella with a curled rim, skinny white legs (stems)

CULINARY : slippery, squeaky, smoked meat, oak forest
RECORD aroma, yeast extract, umami (glutamate)

CULINARY : garlic, ginger, sesame, chile, kombu,
ASSOCIATES soy sauce, sake

MEDICINAL : vitamin D, copper, selenium, potassium,
RECORD phosphorus, iron, vitamin B6, niacin, stimulates immune system, may help reduce inflammation, may help lower blood pressure, may help prevent cancer

MODUS : grilled, sautéed, cured into "bacon," pressed
OPERANDI and seared, dried, powdered



SHIITAKE CARBONARA



SHIITAKE CARBONARA

We’ve got mad love for shrooms prepared like crispy bacon. The taste and texture is amazing and it works in a variety of dishes. Here we’ve paired them with pasta and pulled everything together with a decadent, creamy sauce to create a wicked comforting dish! [Check it out in this video.](#) Grab your fork and hold on tight...this dish will blow your mind!

SERVES	4-6
PREP TIME	30 MINUTES
COOK TIME	40 MINUTES

SHIITAKE BAC’N:

8 oz	shiitake mushrooms (227 g)
¼ cup	low-sodium soy sauce
2 Tbsp	olive oil
1 tsp	granulated garlic
¾ tsp	smoked paprika
¼ tsp	fresh ground black pepper

PASTA AND SAUCE:

5 Tbsp	plant-based butter (75 g)
1	medium onion
4	garlic cloves
½ cup	all-purpose flour (60 g)
¾ cup	white wine (200 ml)
3 cups	unsweetened plant-based milk (700 ml)
1 Tbsp	white miso paste
½ tsp	smoked paprika
½ tsp	granulated garlic
1 lb	spaghetti (450 g)
8 oz	frozen peas (227 g)
1 Tbsp	drained capers
	Chopped fresh parsley

For the shiitake bac’n, preheat the oven to 400°F (205°C, gas 6, fan 180°C). Remove the shiitake stems (save them for another use) then slice the caps thin. Place the caps in a medium bowl and add the soy sauce, oil, garlic, paprika, and pepper. Mix well. Set aside to marinate for at least 15 minutes (overnight is even better).

Remove from marinade and spread shrooms in a single layer on a parchment lined baking sheet. Bake until crisp and brown but not burnt, turning halfway through cooking, 25-30 minutes total. Set aside to cool on the sheet.

For the pasta and sauce, bring a large pot of water to a boil. Dice the onion and mince the garlic. Heat the plant-based butter in a medium saucepan over medium-high heat. Add the onion and garlic and cook until soft, about 4 minutes. Stir in the flour, cook a minute, then gradually pour in the wine, whisking until smooth (called a roux). Whisk in the milk, miso, smoked paprika, and garlic, then simmer for 5 minutes. Remove from the heat, pour into in a blender and blitz until smooth, or use an immersion blender right in the saucepan. Transfer to a clean saucepan and keep warm over low heat, stirring now and then.

Meanwhile, cook the spaghetti in the salted boiling water until tender yet chewy, 10 to 12 minutes, adding the peas for the last 3 minutes. Drain the spaghetti and peas then return to the pot. Pour in the sauce, capers, and reserved shiitake bacon. Mix well, then serve right away sprinkled with chopped parsley.

Options: To go all out, shave some fresh truffles on the pasta. Or drizzle on some truffle oil.



**CHICKPEA SALAD
SANDWICH**



CHICKPEA SALAD SANDWICH

WITH SHIITAKE BAC'N

Our Wicked take on a classic chicken club sandwich with bacon. The crispy, savory, meaty shiitake bac'n makes it a killer sammie! Make it ahead and chill it. Then come home and assemble it whenever hunger strikes. Or take all the fixins with you and assemble it at the last minute to keep the bread from getting soggy. Eat one sandwich, share the other with a friend!

SERVES	2-3
PREP TIME	20 MINUTES
COOK TIME	30 MINUTES

CHICK'N SEASONING:

1 tsp	granulated onion
1 tsp	granulated garlic
1 tsp	fresh ground black pepper
½ tsp	sea salt
½ tsp	smoked paprika
½ tsp	dried thyme

CHICKPEA SALAD:

2 cans	organic chickpeas (15 oz/400 g)
1 cup	plant based mayo (224 g)
1	stalk celery
2	small green onions (scallions)
¼ cup	chopped fresh parsley (15 g)
1½ Tbsp	chick'n seasoning (from above)
1 Tbsp	Dijon mustard
1 Tbsp	picked fresh thyme
½ tsp	fresh ground black pepper
	Sea salt to taste

ASSEMBLY:

4-6	slices whole grain sandwich bread
4-6	leaves butterleaf lettuce
4-6	slices tomato
¾ cup	Shiitake Bac'n (40 g) (recipe on page 12)
4	wafer thin slices red onion

For the chick'n seasoning, mix everything together in a bowl.

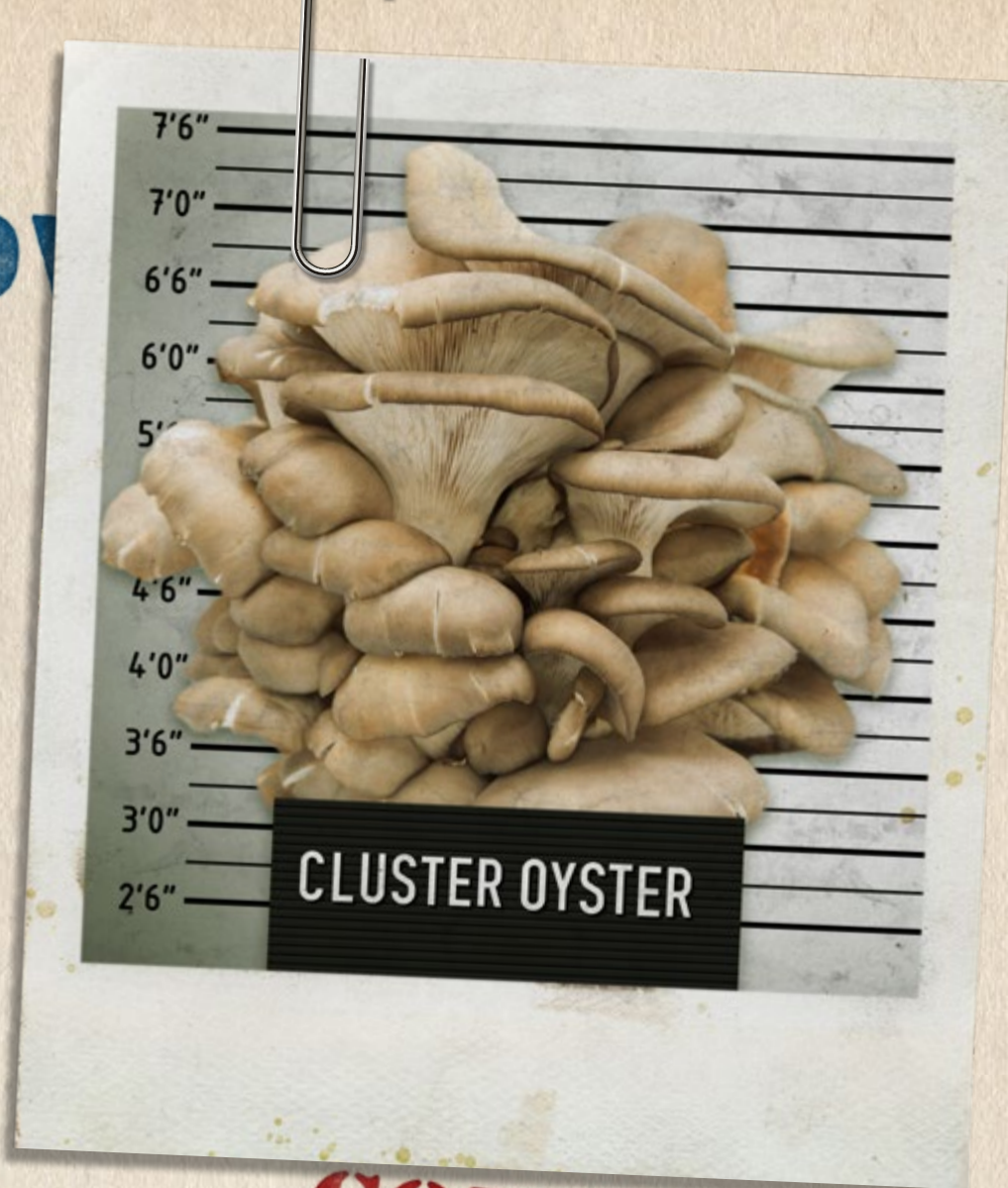
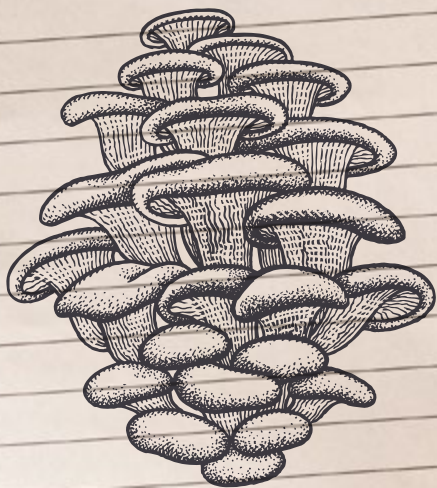
For the chickpea salad, drain the chickpeas and transfer to a large bowl. Mash to a rough chunky consistency, then mix in ¾ cup (175 g) of mayo just until the salad holds together. Mince the celery, green onions, and parsley and add to the salad along with the chick'n seasoning, mustard, thyme, pepper and salt. Gently fold together, then cover and chill until cold, at least 30 minutes or up to 3 days.

To assemble the sammies, spread the remaining ¼ cup (56 g) mayo on the insides of all the bread. On half the bread, layer on the tomato, salad, onion, shiitake bacon, and lettuce, then top with the other half of the bread. Slice on the diagonal and dig in!

Option: Toss in some chopped chili peppers for a Wicked boost of heat!



FILE COPY



CONFIDENTIAL

NAME : CLUSTER OYSTER

ALIASES : brown oyster, tree abalone, tree oyster

FAMILY : *Pleurotus ostreatus*, Father: king oyster,
BACKGROUND Mother: pearl oyster, Brothers: Phoenix, blue,
Sisters: pink, gold

LAST SEEN : Brandenburg, Germany

DESCRIPTION : cluster of delicate, flat, light brown "petals"
attached to a wide light tan base, carnivorous

CULINARY RECORD : juicy, briny, savory, mild almond aroma,
velvety texture, umami (glutamate)

CULINARY ASSOCIATES : onions, garlic, ginger, chile, tomatoes, parsley,
sage, white wine

MEDICINAL RECORD : vitamin D, copper, selenium, potassium,
phosphorus, iron, vitamin B6, niacin, may help
reduce inflammation, may help lower blood
cholesterol, may help prevent heart disease

MODUS OPERANDI : soups, stews, sauces, sautéed, stir-fried,
pressed and seared



A close-up photograph of four BBQ oyster mushroom steaks cooking on a metal grill. The mushrooms are large, dark brown, and gilled, with a thick, dark, glossy barbecue sauce coating them. They are arranged on the grill over a bed of glowing red and orange charcoal briquettes. In the top left corner, a piece of light brown paper is pinned to the image with a wooden clothespin, featuring the text 'BBQ OYSTER MUSHROOM STEAKS' in bold, black, sans-serif capital letters.

BBQ OYSTER MUSHROOM STEAKS

BBQ OYSTER MUSHROOM STEAKS

Here's our signature Wicked pan-pressing technique for making show-stopping steaks with crispy edges and juicy centers seasoned just right. We've been perfecting this technique for years and it just keeps getting better and better. For the biggest steaks, use the biggest mushrooms you can find. [Check out the video to get the hang of this method.](#) Once you do, you'll be slicing into swoon-worthy, meaty AF, sexy eats any time you please.

SERVES	2
PREP TIME	15 MINUTES
COOK TIME	25 MINUTES

- 2 large clusters brown oyster mushrooms (about 1 lb total)
- 4 Tbsp sunflower or vegetable oil
- 4 tsp BBQ rub, such as [Wicked Kitchen Hot & Spicy BBQ Rub](#)
- 1 tsp granulated garlic
- 1 tsp cracked black pepper
- 1 tsp sea salt, if needed
- 1 cup your favorite BBQ sauce (about 8 oz/240 g)
- ¼ cup citrusy IPA beer, such as Brewdog Elvis Juice (60 ml)
- 1 green onion (scallion)



Heat the oven to 400°F (200°C) or 375°F (190°C) with convection fan. Trim the stem from the mushrooms, keeping each cluster in one piece.

Get a large heavy pan like cast-iron ripping hot over medium-high heat and add half the oil, swirling to coat. 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 softened up a bit. At that point, fold up a kitchen towel and gently press it into 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.

Sprinkle with half the BBQ rub, half the granulated garlic, and half the cracked black pepper. Sprinkle on a little salt if your BBQ rub is salt-free. Then flip the shrooms with tongs or a spatula and add the remaining half of the 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 with the remaining BBQ rub, garlic, and pepper, adding salt if needed. Continue pressing, searing, and flipping until both sides are slightly charred and crispy.

Mix the BBQ sauce and beer in a bowl. Place the seared clusters gently in the bowl, pushing down to coat completely. Transfer the saucy mushrooms to a parchment-lined baking sheet and add a little more BBQ sauce over the top. Bake until the sauce reduces to a glaze on the steaks, but doesn't burn, 10 to 15 minutes.

Remove to a cutting board. Thinly slice the green onion and scatter over the steaks. Thinly slice the steaks and enjoy!

Option: If you're in the UK, get your brown cluster mushrooms from Tesco [here](#).

Melt some plant based cheese on the insides of a long sandwich roll, then slice the steaks and serve in the rolls for a Wicked BBQ Mushroom Steak Sandwich!



**HOLIDAY OYSTER
MUSHROOM TURKEY-
STYLE BREAST**

HOLIDAY OYSTER MUSHROOM TURKEY-STYLE BREAST

WITH ONION GRAVY

It's holiday time! Here's the perfect plant-pusher main dish with all the chewy textures and satisfying flavors of turkey and gravy. Whole brown oyster mushrooms stay nice and juicy even when pressed and seared into meaty slabs reminiscent of sliced turkey breast. Serve with mashed potatoes and green beans for a complete holiday plate!

SERVES 2
PREP TIME 20 MINUTES
COOK TIME 40 MINUTES

SAGE AND ONION SEASONING:

- 1 Tbsp granulated onion
- 1½ tsp ground sage
- 1½ tsp granulated garlic
- 1½ tsp sea salt
- 1 tsp ground coriander
- ¾ tsp fresh ground black pepper
- ½ tsp sugar

SHROOMS:

- 2 large clusters brown oyster mushrooms (about 1 lb total)
- 4 Tbsp sunflower or vegetable oil

ONION GRAVY:

- 1 large onion
- 1 clove garlic
- 2 Tbsp plant-based butter
- 1 Tbsp dry sherry
- 2 Tbsp all-purpose flour
- 1 Tbsp nutritional yeast
- 1 Tbsp vegetable bouillon
- 2 cups boiling water (475 ml)
- ½ tsp sage & onion seasoning (above)

For the onion and sage seasoning: Mix everything together in a small bowl.

For the turkey-style breast: Trim the stem from the mushrooms, keeping each cluster in one piece. Get a large heavy pan like cast-iron very hot over medium heat and add half the oil, swirling to coat. 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 softened up a bit. At that point, fold up a kitchen towel and gently press it into 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.

Sprinkle with 1 tablespoon of the sage and onion seasoning, then flip the shrooms with tongs or a spatula and add the remaining half of the 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 with another 1 tablespoon seasoning. Continue pressing, searing, and flipping until both sides are gently browned and lightly crispy like the skin of a roast turkey.

For the onion gravy, slice the onion into thin strips, then cut the strips in half. Slice the garlic thin. Melt the butter in a medium saucepan over medium heat, then add the onions and cook until brown and caramelized, about 15 minutes, stirring often. Stir in the garlic and sherry, and cook for one minute. Stir in the flour and nutritional yeast and whisk until there are no clumps, cooking a minute. Whisk in the water and vegetable bouillon then cut the heat to low, and simmer to create a medium-thin silky gravy, about 10 minutes. Stir in the seasoning to taste.

Lay each cluster over a bed of mashed potatoes and spoon on some gravy. Serve with green beans on the side.

Option: You can replace the sage & onion seasoning with Wicked Kitchen Sage & Onion Seasoning.

Serve with mashed potatoes and steamed green beans. Here's our favorite mash: Peel 2 large russet potatoes and 1 small sweet potato, then dice them. Transfer to a medium pot along with 2 cloves halved garlic. Cover with 1 inch (2.5 cm) water, cover and bring to a boil. Uncover and boil until tender, 10 to 15 minutes. Mash with a potato masher or ricer then mix in 2 tablespoons unsweetened oat milk, 2 tablespoons plant-based butter, and 2 tablespoons nutritional yeast. Season with salt and pepper to taste. For the green beans, put 8 ounces (227 g) trimmed green beans in a heatproof bowl. Cover with boiling water and let sit 1 minute. Drain and add 2 teaspoons olive oil to bowl, tossing to coat. Season with salt and pepper then spread on a rimmed baking sheet. Roast in a 400°F oven (200°C) until tender, about 10 minutes.





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NAME	: KING OYSTER
ALIASES	: king trumpet, king brown, trumpet royale, French horn
FAMILY BACKGROUND	: <i>Pleurotus eryngii</i> , Son: cluster oyster, Brother: branched oyster, Nephews: Phoenix, blue, Nieces: pink, gold
LAST SEEN	: Loire Valley, France
DESCRIPTION	: exceptionally large, fat white stem with small brown hat
CULINARY RECORD	: dense, meaty like an oyster, mildly briny, umami (glutamate)
CULINARY ASSOCIATES	: onions, garlic, ginger, coriander, chile, tomatoes, soy sauce, lime juice
MEDICINAL RECORD	: vitamin D, copper, selenium, potassium, phosphorus, iron, vitamin B6, niacin, stimulates immune system, may help reduce inflammation, may help lower blood cholesterol, may help prevent cancer
MODUS OPERANDI	: shredded, grilled, baked, fried, roasted, sautéed, pressed and seared



KING OYSTER SATAY





KING OYSTER SATAY

WITH SPICY PEANUT GINGER SAUCE

Meaty king oyster mushrooms make this dish a win-win for meat eaters and plant eaters. The mushrooms have long, thick stems that you slice into thick strips, skewer, then roast to make juicy, chewy, satisfying satay. Yes! A creamy, gingery peanut sauce brings it all together. [Thread the perfect skewers by watching the video here.](#)

SERVES 4 AS A FIRST COURSE
PREP TIME 40 MINUTES, PLUS 1 HOUR MARINATING
COOK TIME 40 MINUTES

SHROOMS

- 1 lb king oyster mushrooms (454 g)
- 5 Tbsp vegetable oil
- ¼ cup water (60 ml)
- ¼ cup low-sodium tamari or soy sauce (60 ml)
- 1 Tbsp agave syrup
- 1 Tbsp sriracha or chile paste
- 1 tsp hot chile oil

SPICY PEANUT-GINGER SAUCE

- 1 cup peanut butter (260 g)
- ⅓ cup low-sodium tamari or soy sauce (80 ml)
- ⅓ cup fresh lime juice (80 ml)
- 1 Tbsp grated fresh ginger
- 2 cloves garlic
- ¼ tsp smoked paprika
- 1 Thai chile, chopped, or ½ tsp red pepper flakes
- ½-1 cup water (120-240 ml)

For the shrooms, slice off the mushroom caps and save for another use. Trim the bases so the stems are clean.

Heat a large heavy pan (such as cast iron) over medium-high heat. When it's hot, swirl 3 tablespoons of the oil in the pan to coat the bottom, then add the mushrooms. After a minute or so, use a second heavy pan or a couple of foil-wrapped bricks to weight down and press/sear the mushrooms. Cook for 2 minutes, then pour the water around the mushrooms. (The steam will help soften the mushrooms and flatten the round shape into a squarer shape, which is easier to skewer.) Continue pressing for 2 to 3 minutes, then flip the mushrooms over. When the shrooms are tender and pliable, 2 to 3 minutes longer, remove them to a work surface. Let cool for 15 minutes or so.

Meanwhile, mix together the remaining 2 tablespoons olive oil, the tamari, agave, sriracha, and hot chile oil to make your marinade.

When the shrooms are cool, slice them lengthwise into strips about ¼ inch thick. Arrange the strips in a single layer on a baking sheet and brush them all over with the marinade, using it all. Let marinate at room temperature for at least 1 hour. Or, if you have time, cover and marinate in the refrigerator for up to 2 days. The longer you marinate, the more flavor you'll get.

When ready to cook, preheat the oven to 350°F (175°C). Soak a handful of wooden skewers in water to cover for 30 minutes. Thread each strip of mushroom on a skewer, making as many ribbon folds as possible without breaking the mushroom. Place the skewers on a baking sheet and bake in the hot oven until lightly browned, 20 to 30 minutes.

For the sauce, combine all the ingredients in a blender and buzz it all up until smooth. For a thicker sauce, use less water; use more to make it thinner.

Drizzle a little sauce over the skewers before serving with the remainder on the side for dipping.

Options: Switch it up and use almond butter or cashew butter in the sauce instead of peanut butter.

Garnish with fresh cilantro, chopped chiles, and lemon or lime wedges for squeezing.

**MEATY BBQ PULLED
MUSHROOM
SANDWICH**



MEATY BBQ PULLED MUSHROOM SANDWICH

This is how we do it in the Wicked Kitchen – a vegan pulled pork sandwich, coming right up! You don't have to sacrifice your favorite backyard BBQ when you go vegan. Leave the animals alone and grab some shrooms instead – we swear you'll barely taste the difference (in fact, we think you just might like it better). [Check out the video to watch Derek sweat through the recipe!](#)

SERVES	2
PREP TIME	25 MINUTES
COOK TIME	45 MINUTES

- 1 lb king oyster mushrooms (about 6 large)
- 2 Tbsp sage and onion seasoning (see page 19)
- ½ tsp granulated garlic
- ½ tsp cracked black pepper
- 4 Tbsp sunflower or vegetable oil
- 1 cup of your favorite BBQ sauce (about 8 oz/240 g)
- 3 Tbsp citrusy IPA beer, such as Brewdog Elvis Juice
- 2 tsp plant-based butter
- 2 soft burger buns

Heat the oven to 400°F (200°C) or 375°F (190°C) with convection. Shred the mushrooms by holding the cap and running a fork lengthwise along the stem, pulling away from the cap. Pull apart the shreds with your fingers and place in a large bowl. Thinly slice the caps if necessary. Add the sage and onion seasoning, granulated garlic, and pepper and mix to coat.

Get a large heavy pan like cast-iron ripping hot over medium-high heat. Add the oil, then the seasoned shrooms and cook until browned all over, 8 to 10 minutes total, stirring now and then.

Mix the BBQ sauce and beer in the shroom bowl. Add the cooked mushrooms back to the bowl and toss to coat. Spread the sauced shreds on a parchment lined baking sheet, then roast until browned and caramelized, 10 to 15 minutes, stirring halfway through for even browning.

While your heavy pan is still hot, butter the rolls on the insides and place in the hot pan until toasted golden brown, 1 to 2 minutes.

Pile the shreds on the buns and have at it!

Option: Serve with pan-roasted potatoes: Cut 1 dozen baby potatoes in half lengthwise and toss in a bowl with 1 tablespoon oil, ½ teaspoon salt, ½ teaspoon black pepper, and ¼ teaspoon granulated garlic. Heat a heavy pan like cast iron over medium-high heat. Swirl a little oil in the pan, then add the potatoes and turn cut sides down. Cook until browned and crispy on the bottom, about 5 minutes. Turn the potatoes cut sides up, then roast in a 400°F (200°C) oven until easily pierced with a fork, 10 to 12 minutes. Garnish with parsley if you like.



CLASSIFIED SOURCES



The four mushrooms profiled in this manifesto can be found in many markets worldwide, especially if you order online. Common consiglieres like portobellos and shiitakes are available in most grocery stores. For underbosses like brown oyster mushrooms, or for the boss himself—the king oyster mushroom—check your local farmer's market or use the links below. Other links give you a deeper dive into the environmental, medicinal, culinary, and health benefits of these subterranean operatives.

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

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

[Fantastic Fungi Movie](#)

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

[Mushroom Sustainability Facts from the Mushroom Council](#)

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

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

[Mushroom Health Benefits from the Mushroom Council](#)

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

[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 UK'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 also the masterminds behind Wicked Healthy and the Wicked Kitchen Foods (UK) and Wicked Foods (US) lines of plant-based food products. The Wicked Mushroom Manifesto is the first volume in their series of ebooks benefitting the planet, people, and animals. The amazing taste and healing power of mushrooms takes center stage here. There are more ebooks to come.



Photo credit: Olaf Starorypinski

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.

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