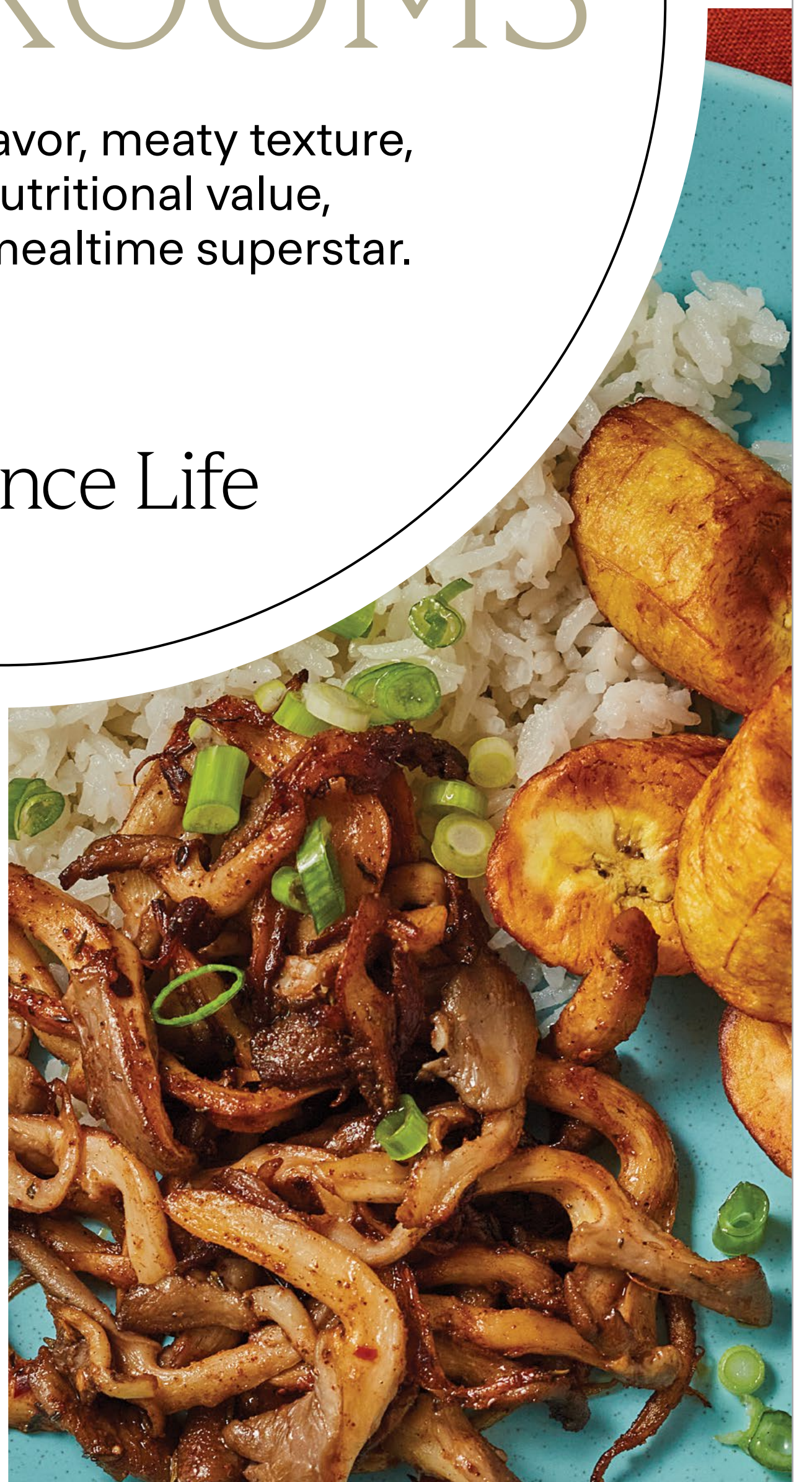




# MAGNIFICENT MUSHROOMS

With their earthy flavor, meaty texture,  
and wealth of nutritional value,  
mushrooms are a mealtime superstar.

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**By Maddie Augustin**

**Photos: Terry Brennan; Food Styling: Betsy Nelson**

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**Lion's Mane  
Mushroom Tacos**



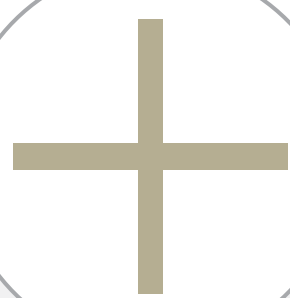
**Maitake  
Mushroom Larb**



**Porcini and Walnut  
Bolognese**



**Jerk-Seasoned  
Oyster Mushrooms  
With Cabbage Slaw,  
Fried Plantains, and  
Coconut Rice**



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shopping lists for  
each recipe**



## Lion's Mane Mushroom Tacos

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Makes four servings  
Prep time: 10 minutes, plus 30 minutes  
inactive if using dried mushrooms  
Cook time: 20 minutes

## Tacos

- 14 oz. fresh lion's mane mushrooms (or 2½ oz. dried)
- 3 tbs. avocado oil
- 2 tbs. soy sauce or coconut aminos
- 2 tsp. cumin
- 1 tsp. chili powder
- ½ tsp. onion powder
- ½ tsp. sea salt
- 8 6-in. corn tortillas
- ¼ cup diced white onion
- 2 small radishes, thinly sliced
- ¼ cup fresh cilantro leaves
- 1 lime, cut into wedges

## Avocado Crema

- 1 ripe avocado
- Juice of a lime
- ½ jalapeño, seeds removed
- ½ cup full-fat plain Greek yogurt
- ¼ cup fresh cilantro
- ¼ tsp. sea salt

## DIRECTIONS:

- 1.** If you're using dried mushrooms, soak them in 2 cups warm water for 30 minutes. Remove the mushrooms from the broth, rinse, and pat dry. Strain the broth and save it for future use.
- 2.** Prepare the avocado crema: Scoop the flesh of the avocado into the bowl of a food processor. Add the lime juice, jalapeño, yogurt, cilantro, and salt. Blend until smooth and creamy.

- 3.** Tear the mushrooms into bite-sized pieces. Preheat a large skillet over medium-high heat, then add the avocado oil. Add the mushrooms, soy sauce, cumin, chili powder, onion powder, and salt. Cook, stirring occasionally, until the mushrooms are tender and browned, about six to eight minutes.
- 4.** Preheat a smaller pan to medium heat. Add the corn tortillas to the hot pan one at a time and lightly toast for about one minute, flipping halfway.
- 5.** Assemble the tacos: Fill the warm tortillas with the mushrooms; top with avocado crema, diced onion, sliced radishes, and fresh cilantro. Serve with a lime wedge.

**View  
shopping  
list**



## Maitake Mushroom Larb

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Makes four servings

Prep time: 15 minutes, plus 30 minutes  
inactive if using dried mushrooms

Cook time: 20 minutes

- 14 oz. fresh maitake mushrooms (or 2½ oz. dried)
- 3 scallions, thinly sliced
- 1 medium shallot, thinly sliced
- 3 bird's eye chilies, thinly sliced
- ½ cup torn fresh herbs (such as mint, Thai basil, or cilantro)
- 1 tsp. fish sauce
- 1 tbs. soy sauce
- 1 tsp. honey
- ½ tsp. lime zest
- 3 tbs. lime juice
- 3 tbs. uncooked jasmine rice
- 2 tbs. neutral oil
- ½ tsp. sea salt
- Cooked jasmine rice, for serving
- Butter lettuce leaves, for serving

## **DIRECTIONS:**

- 1.** If you're using dried mushrooms, soak them in 2 cups warm water for 30 minutes. Remove the mushrooms from the broth, rinse, and pat dry. Strain the broth and save it for future use.
- 2.** In a large bowl, mix the sliced scallions, shallot, chilies, and torn herbs. In a smaller bowl, whisk together the fish sauce, soy sauce, honey, lime zest, and lime juice, then pour the liquid over the herb mixture and toss to coat.
- 3.** Preheat a dry skillet to medium heat. Add the uncooked rice and toast, stirring frequently until fragrant and lightly browned, about five minutes. Remove the skillet from the heat and allow the toasted rice to cool slightly. Once it's partially cooled, use a spice grinder or high-speed blender to grind the rice to a coarse powder.

**4.** Roughly chop the mushrooms. Place the same skillet back over medium heat and add the oil, then add the mushrooms and salt to the skillet and cook, stirring occasionally, until deeply golden, about eight to 10 minutes. Transfer the mushrooms to the bowl with the herb mixture and toss to coat. Serve either with cooked rice or using butter lettuce leaves as a vessel, or both. Top with toasted rice powder.

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shopping  
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## Porcini and Walnut Bolognese

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Makes six servings

Prep time: 15 minutes, plus 30 minutes  
inactive if using dried mushrooms

Cook time: 40 minutes

- 7 oz. fresh porcini mushrooms (or 2 oz. dried)
- 2 tbs. extra-virgin olive oil
- 3 tbs. butter, divided
- 1 cup finely chopped walnuts
- 2 large celery ribs, finely chopped
- ½ large onion, finely diced
- 2 large carrots, finely diced
- ¾ tsp. sea salt, plus more to taste
- ½ tsp. freshly ground black pepper, plus more to taste
- 3 cloves garlic, minced
- 1 tsp. dried oregano
- 2 tbs. tomato paste
- 1/3 cup dry white wine
- 1 14-oz. can crushed tomatoes
- ½ cup full-fat coconut milk
- 1 lb. chickpea pasta (or other pasta of choice)
- Freshly grated Parmesan cheese, for serving

## **DIRECTIONS:**

- 1.** If you're using dried mushrooms, soak them in 2 cups warm water for 30 minutes. Remove the mushrooms from the broth, rinse, and pat dry. Strain the broth and save it for future use.
- 2.** Place a large saucepan over medium heat, then add the oil and 1 tablespoon of the butter. Roughly chop the mushrooms and add to the saucepan with the walnuts. Stir to combine and cook, stirring occasionally, until deeply browned, about eight to 10 minutes. Transfer the mushroom-walnut mixture to a bowl and return the pan to medium heat.
- 3.** Add another tablespoon of butter to the pan, then add the celery, onion, and carrots. Season with the salt and black pepper and cook until tender, about eight to 10 minutes.

4. Add the garlic and oregano and cook until fragrant, about one to two minutes. Push the vegetables aside to create a space in the center, then add the tomato paste and cook, stirring, until caramelized and darkened in color, about three minutes.
5. Deglaze the pan with the wine and cook until the liquid is roughly halved in volume, about three minutes more. Then return the mushrooms to the pan and add the tomatoes and coconut milk. Stir to combine and bring the mixture to a steady simmer. Simmer for 10 to 12 minutes, then taste and add more salt or pepper as needed. Remove the pan from the heat.
6. While the sauce is simmering, cook the chickpea pasta according to package instructions. Before straining the pasta, reserve about  $\frac{1}{2}$  cup of the pasta water. Strain the cooked pasta, add it to the sauce, and toss to coat.
7. Add the final tablespoon of butter along with about half of the reserved pasta water and stir to combine. Add more water to thin the sauce as desired, then serve topped with freshly grated Parmesan cheese.

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## Jerk-Seasoned Oyster Mushrooms With Cabbage Slaw, Fried Plantains, and Coconut Rice

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Makes four servings  
Prep time: 20 minutes, plus 30 minutes  
inactive if using dried mushrooms  
Cook time: 25 minutes

## **Mushrooms**

- 12 oz. fresh oyster mushrooms (or 1½ oz. dried)
- 2 tbs. neutral oil
- 2 tsp. jerk seasoning

## **Jerk Seasoning**

- ½ tbs. onion powder
- 2 tsp. garlic powder
- 1 tsp. sea salt
- 1 tsp. freshly ground black pepper
- 1 tsp. dried thyme
- ½ tsp. cayenne pepper
- ½ tsp. raw sugar
- ½ tsp. paprika
- ¼ tsp. ground allspice
- ¼ tsp. red-pepper flakes
- ¼ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ tsp. ground cloves

## **Cabbage Slaw**

- ¼ medium green cabbage, shredded (about 3 cups)
- ½ cup full-fat plain Greek yogurt
- 2 tbs. white-wine vinegar
- 1 tsp. honey
- ½ tsp. sea salt

## **Coconut Rice**

- 1 green onion, sliced
- 1 15-oz. can full-fat coconut milk
- ⅓ cup water
- 1 tbs. coconut oil
- ½ tsp. sea salt
- 1 cup jasmine rice

## **Fried Plantains**

- 2 tbs. neutral oil
- 3 ripe plantains, peeled and cut into 1 in. pieces
- ¼ tsp. sea salt

## **DIRECTIONS:**

- 1.** If you're using dried mushrooms, soak them in 2 cups warm water for 30 minutes. Remove the mushrooms from the broth, rinse, and pat dry. Strain the broth and save it for future use.
- 2.** Combine all the ingredients for the jerk seasoning and set aside.
- 3.** Prepare the slaw: In a large mixing bowl, toss the cabbage, yogurt, vinegar, honey, and salt. Set aside to marinate while preparing the remaining components.
- 4.** Prepare the coconut rice: Add the green onion, coconut milk, water, coconut oil, and sea salt to a small pot with a lid. Bring to a gentle boil over medium-high heat, then stir in the rice, reduce the heat to low, and cover. Cook for 20 minutes, or until the rice is tender and the liquid is fully absorbed. Fluff the cooked rice with a fork.
- 5.** While the rice is cooking, prepare the mushrooms: Preheat a large skillet over medium heat and add the neutral oil. Add the mushrooms and sprinkle with 2 teaspoons of the jerk seasoning. Stir to combine and cook until the mushrooms are browned, about six to eight minutes. Transfer the mushrooms to a bowl and place the skillet back over medium-high heat.
- 6.** Prepare the plantains: Line a large plate with a paper towel(s). Add the oil to the pan.
- 7.** Place the plantains in the pan cut-side down in a single layer. Fry until golden, about three minutes per side. Remove from the pan and place on the prepared plate to absorb excess oil. Sprinkle with salt.
- 8.** Portion the rice, mushrooms, slaw, and plantains into four bowls and serve.

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# Lion's Mane Mushroom Tacos

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## SHOPPING LIST

- 4 oz. fresh lion's mane mushrooms  
(or 2½ oz. dried)
- 1 bunch fresh cilantro
- 1 small white onion
- 1 small bunch radishes
- 1 ripe avocado
- 2 limes
- 1 jalapeño
- ½ cup full-fat Greek yogurt
- 8 6-in. corn tortillas
- 3 tbs. avocado oil
- 2 tbs. soy sauce or coconut aminos
- 2 tsp. cumin
- 1 tsp. chili powder
- ½ tsp. onion powder
- Sea salt



## Maitake Mushroom Larb

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### SHOPPING LIST

- 14 oz. fresh maitake mushrooms  
(or 2½ oz. dried)
- 3 scallions
- 1 medium shallot
- 1 lime
- 3 bird's eye chilies
- ½ cup fresh herbs (such as mint, Thai basil,  
or cilantro)
- Butter lettuce leaves (for serving)
- 1 tsp. fish sauce
- 1 tbs. soy sauce
- 1 tsp. honey
- Jasmine rice
- 2 tbs. neutral oil
- Sea salt



# Porcini and Walnut Bolognese

## SHOPPING LIST

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- 7 oz. fresh porcini mushrooms (or 2 oz. dried)
- 2 large celery ribs
- 1 large onion
- 2 large carrots
- 3 cloves garlic
- 3 tbs. butter
- Freshly grated Parmesan cheese (for serving)
- 1 lb. chickpea pasta (or other pasta)
- 2 tbs. tomato paste
- 1 14-oz. can crushed tomatoes
- 1 cup finely chopped walnuts
- 1 can full-fat coconut milk
- 1/3 cup dry white wine
- 1 tsp. dried oregano
- Extra-virgin olive oil
- Black pepper
- Sea salt



## Jerk-Seasoned Oyster Mushrooms With Cabbage Slaw, Fried Plantains, and Coconut Rice

### SHOPPING LIST

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- 12 oz. fresh oyster mushrooms  
(or 1½ oz. dried)
- 1 small green cabbage
- 3 ripe plantains
- 1 green onion
- ½ cup full-fat Greek yogurt
- 1 cup jasmine rice
- 1 15-oz. can full-fat coconut milk
- 2 tbs. white-wine vinegar
- 1 tsp. honey
- 1 tbs. coconut oil
- 4 tbs. neutral oil
- 2 tsp. jerk seasoning
- ½ tbs. onion powder
- 2 tsp. garlic powder
- 1 tsp. dried thyme
- ½ tsp. cayenne pepper
- ½ tsp. raw sugar
- ½ tsp. paprika

- ¼ tsp. ground allspice
- ¼ tsp. red-pepper flakes
- ¼ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ tsp. ground cloves
- Black pepper
- Sea salt

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