



Giorgio.

America's Favorite Mushroom

**VEGETARIAN
MADE EASY**





BRAISED MUSHROOMS, GREENS AND BEANS

WHAT YOU NEED

- 2 Tbsps extra-virgin olive oil
- 1 large sweet onion, diced
- 4 cloves garlic, minced
- Few sprigs of thyme
- 2 bay leaves
- 1 tsp dried oregano
- 1 pound mushrooms, sliced
- 1 cup of dried white beans, soaked in water overnight and drained
- 1 bunch of hearty winter greens (about 12 oz.) such as kale or collards, veins removed, chopped
- 1 plum or small tomato, quartered
- 1½ tsp kosher salt
- ½ tsp black pepper
- Hot pepper (optional, to taste)
- 4–6 cups water or stock
- ¼ cup chopped parsley

WHAT YOU DO

Heat a large deep sided skillet or braiser over medium heat.

Add oil and sauté onions for 2 mins. Then add garlic, thyme, bay leaves, oregano, mushrooms and sauté for 5 mins until mushrooms start to brown.

Add the soaked beans, greens, tomato, salt, black pepper and 4 cups of water. Optionally add hot pepper now. Stir and bring to a boil. Then reduce to a simmer and cover. Cook for about 1 hour until the beans are cooked and creamy, stirring periodically. Add more water as needed.

Taste for salt and add more by the pinch as needed. Stir in chopped parsley and serve.

PORTABELLA “STEAK FRITES”

WHAT YOU NEED

FRITES

- 1 large red-fleshed sweet potato or yam, peeled
- 1 Tbsp olive oil
- ½ tsp smoked paprika (or other spice of choice)
- pinch of salt

STEAK

- 2 Portabella mushroom caps, stem and gills removed
- 1 Tbsp olive oil
- ½ tsp smoked paprika
- ½ tsp granulated garlic
- pinch of salt

COMPOUND BUTTER

- 1 Tbsp butter, softened
- 1 green onion, chopped

Squeeze of lemon for serving, optional

WHAT YOU DO

Make the “frites” first. Preheat the oven to 425F.

Cut the peeled sweet potato into ½” planks, and then cut again into ½” sticks (the shape of fries). Place in a medium bowl, and toss with the olive oil, smoked paprika and salt until coated. Place on a parchment-lined baking sheet in a single layer and bake until fries are golden, about 20-25 mins, turning with tongs halfway through.

While the frites are cooking, coat the mushroom caps with olive oil, smoked paprika, garlic and salt and let sit for flavors to soak in for 10-15 mins.

Heat a cast iron (or other heavy skillet or outdoor grill) to medium high heat. Place the mushroom caps, rounded side down into pan, and let them cook until they start to soften, about 3-5 mins. Flip the cap over and cook until tender, another 2-3 min.

Meanwhile, make a quick compound butter: stir the butter and green onion together. Once the mushroom caps are cooked, plate with rounded side down on the plate. Spoon some onion butter on the hot mushroom cap and let it melt. Squeeze a little lemon juice on top if desired. Serve with the cooked frites on the side.



MARINATED MUSHROOM BOWLS WITH LENTILS AND WILD RICE

WHAT YOU NEED

MUSHROOMS

- ¼ cup extra virgin olive oil
- 2 Tbsps unseasoned rice vinegar
- 1 Tbsp low-sodium soy sauce
- 2 tsps dark sesame oil
- 1 tsp chili oil
- 1 green onion, thinly sliced
- 1 Tbsp chopped fresh cilantro
- 1 tsp sesame seeds
- 8 ounces crimini mushrooms, thinly sliced

BOWLS

- 2 cups thinly sliced purple cabbage
- 1 Tbsp fresh lime juice
- Pinch of salt
- 2 tsps low-sodium soy sauce
- 2 cups cooked French lentils
- 1 cup cooked wild rice
- 1 cup chopped cucumber

Garnishes: chopped cilantro, sliced green onions, black sesame seeds, lime wedges

WHAT YOU DO

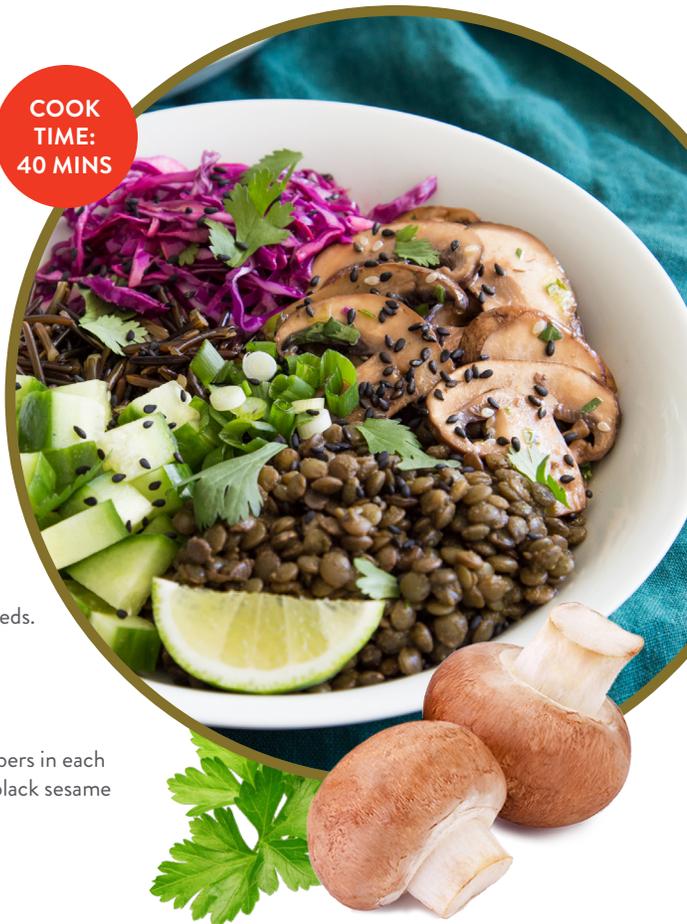
To marinate the mushrooms, whisk together the olive oil, rice vinegar, soy sauce, sesame oil, and chili oil in a shallow bowl. Stir in the green onion, cilantro, and sesame seeds. Add the mushrooms and gently toss in the marinade. Cover and let rest for 30 mins.

Place the cabbage in a bowl and toss with the lime juice and pinch of salt. Set aside.

Stir in 1 teaspoon of soy sauce each to the lentils and the wild rice.

To serve, arrange an equal amount of mushrooms, cabbage, lentils, wild rice, and cucumbers in each bowl. Drizzle with any remaining marinade and garnish with cilantro, green onions, and black sesame seeds. Serve with lime wedges. Enjoy room temperature or cold.

**COOK
TIME:
40 MINS**



CREAMY SPINACH, MUSHROOM & LASAGNA SOUP

**COOK
TIME:
20 MINS**

WHAT YOU NEED

- 1 Tbsp extra-virgin olive oil
- 2 cloves garlic, minced
- 1 medium onion, small diced
- 8 ounces crimini mushrooms, sliced
- 1 24-ounce jar marinara sauce
- 1 15-ounce can diced tomatoes
- 2 Tbsps tomato paste
- 2 tsps balsamic vinegar
- 1 tsp granulated sugar
- 1 Tbsp dried basil
- ½ teaspoon salt
- 1 teaspoon oregano
- ½ tsp black pepper
- 1 bay leaf
- 3 cups vegetable broth
- 6 lasagna noodles, broken into pieces
- ½ cup heavy cream
- 5 ounces fresh baby spinach
- 1 cup whole milk ricotta
- ½ cup shredded mozzarella for topping

WHAT YOU DO

Heat a large pot over medium heat.

Add olive oil, garlic, onion and mushrooms. Cook, stirring occasionally, until onions and mushrooms have softened, 4-5 mins.

Add marinara, diced tomatoes, tomato paste, vinegar, sugar, basil, salt, oregano, pepper, bay leaf and broth. Bring to a boil over high heat, then reduce heat to low and simmer.

Add lasagna noodles and cook, stirring often, until softened, about 15 mins. Remove from heat and remove bay leaf. Stir in the heavy cream and spinach until wilted, 2-3 mins.

Divide between bowls and top with a dollop of ricotta and a sprinkle of mozzarella.





**COOK
TIME:
1 HOUR,
45 MINS**

SHIITAKE MUSHROOM JERKY

WHAT YOU NEED

- ¼ cup coconut aminos or low-sodium soy sauce
- 2 tsps apple cider vinegar
- 1 Tbsp chili garlic paste
- ¼ tsp smoked paprika
- ¼ tsp freshly ground black pepper
- 8 ounces shiitake mushrooms, stems removed,
caps cut into ½-inch slices or left whole if smaller

WHAT YOU DO

Add coconut aminos, vinegar, chili garlic paste, smoked paprika and pepper to a large resealable plastic bag. Seal the bag and toss the ingredients together until combined. Add mushrooms to the bag. Reseal the bag and toss together until mushrooms look coated in the marinade. Refrigerate overnight.

Preheat the oven to 250 F. Line a large baking sheet with parchment paper. Remove the mushrooms from the plastic bag using tongs and place them on the parchment paper-lined baking sheet. When transferring mushrooms, allow excess marinade to drip off before adding to the pan. Do not overcrowd the pan. Mushrooms should not be touching. Bake for one hour. Remove from the oven and flip mushrooms, using tongs. Cook for an additional 30-45 mins, depending on the size of your mushrooms. The mushrooms will shrink and appear dry when done. Let cool before storing in an airtight container.

PORTABELLA AND HALLOUMI 'BURGERS'

WHAT YOU NEED

- 4 portabella mushroom caps with stems removed
- 3 ½ Tbsps balsamic vinegar
- 2 Tbsps olive oil
- 2 thin slices halloumi
- 2 thick slices tomato
- Sea salt and pepper
- 1 handful basil leaves

WHAT YOU DO

Heat grill to medium-high heat (about 450 degrees), wash mushroom caps, then, in a shallow bowl, combine the balsamic vinegar and olive oil, and place mushrooms gill-side down in the mixture.

When the grill is hot, grill the mushrooms on the gill side first for about 5 mins, or until they start to sweat, then flip and grill 2-3 mins more.

Add halloumi to the grill, then grill 2 mins on each side over relatively high heat until grill marks form on the cheese and it becomes soft and pliable, then sprinkle salt and pepper onto the tomato to taste.

Assemble the "burger" with the mushroom as the bun, the halloumi cheese as the burger, the lightly salted tomato, and fresh basil leaves, then wrap, and serve hot.



**COOK
TIME:
12 MINS**



CHIPOTLE MUSHROOM ZUCCHINI ROLLS

WHAT YOU NEED

20 whole white or portabella mushrooms, sliced in half lengthwise
 10 zucchini, sliced in four slices lengthwise
 2 Tbsps olive oil
 one 7 ounce can chipotle peppers in adobo sauce
 1 clove garlic, minced
 ¼ medium onion, diced
 salt and pepper, to taste

WHAT YOU DO

Heat a grill pan or large skillet over medium-heat. Drizzle in olive oil and cook zucchini about 3-5 mins on both sides. Remove from skillet and set to the side to cool slightly.

Heat chipotle pepper, garlic and onion in skillet until heated throughout, about 5 mins. Stir in mushroom halves and cook for 5-7 mins until the mushrooms are tender.

Spoon one mushroom piece with a bit of sauce into the center of each side of zucchini. Fold zucchini over the mushroom lengthwise until the zucchini resembles a roll. Pierce with toothpick or small skewer for easy serving. Serve warm.

MUSHROOM PASTA SAUCE

WHAT YOU NEED

SAUCE

4 Tbsps extra virgin olive oil
 ¼ cup diced yellow onion
 2 garlic cloves, minced
 1 28-ounce can crushed tomatoes
 1 Tbsp sugar
 2 tsps dried basil
 1 tsp dried oregano
 1 ¼ tsps fine sea salt
 ¼ tsp crushed red pepper (optional)
 8 ounces white button mushrooms, sliced
 ½ tsp chopped fresh parsley
 Pinch ground black pepper

RAVIOLI

8 ounces white button mushrooms, chopped
 ¼ cup freshly grated parmesan
 ⅓ cup packed basil leaves
 4 garlic cloves, chopped
 8 to 10 fresh oregano leaves
 2 Tbsps panko bread crumbs
 ¼ tsp fine sea salt
 ⅛ tsp ground black pepper
 40 wonton wrappers
 Grated parmesan and chopped herbs for garnish

WHAT YOU DO

Start the sauce by heating 2 Tbsps of the olive oil in a large saucepan over medium-high heat. Add the onion and garlic and cook for 3 mins, until the onion begins to soften. Reduce the heat to medium and add the crushed tomatoes. Stir in the sugar, dried basil, dried oregano, 1 tsp of the salt, and crushed red pepper (if using). Bring to a simmer, partially covered with a lid, and stir occasionally while you finish the ravioli.

To make the ravioli, place the chopped mushrooms in a food processor with the parmesan, basil leaves, garlic, and oregano. Process on high for 30 secs, until the mushrooms look nearly pureed. Pour into a bowl and stir in the bread crumbs, salt, and pepper.

Bring a large pot of water to a boil. Working on a flat surface, lay out 20 of the wonton wrappers. Place a generous tsp of the mushroom filling in the center of each square. Brush the edges with water and place the remaining wontons over each scoop of filling. Press and pinch the edges to seal the ravioli. You can also use a scalloped cutter or a biscuit cutter to give the ravioli a round or scalloped edge. Boil the ravioli a few at a time for 1 min, until they float to the top. Remove with a slotted spoon and transfer 5 ravioli to each of 4 serving plates.

Finish the sauce by heating the remaining 2 Tbsps of oil in a medium skillet over medium-high heat. Add the sliced mushrooms and cook for 5 mins, until tender. Toss with the remaining ¼ tsp salt, pepper, and parsley.

Pour some sauce over each plate of ravioli and top with an equal amount of mushrooms. Garnish with parmesan and chopped herbs when served.

