



HAMAMA RECIPES

## Oyster Mushrooms

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**By Team Hamama**

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A close-up photograph of a black cast-iron skillet on a stovetop. The skillet contains sautéed onions and mushrooms, which are golden-brown and glistening. A white rectangular text box with a purple border is centered over the image, containing the text "Simple Cooking Tips".

Simple  
Cooking  
Tips

## Saute / Pan Fry

Pan frying is a simple & delicious way to prepare oyster mushrooms. Delightfully crispy and totally flavorful, they make an incredible side dish or a addition to your favorite meals.

- Once harvested, cut or break the mushrooms into equally sized pieces so that they'll cook evenly.
- Heat 2 tbsp of olive oil or coconut oil in a large, cast iron skillet over medium high heat.
- Spread the mushrooms out in an even layer and let them cook, undisturbed, for 3-5 minutes until they start to brown. Give the mushrooms a toss and let them cook for another 3-5 minutes until they are browned all over.
- Add 1 tbsp of butter along with some garlic / shallot, then lower the heat to medium low. Cook for another 5 minutes, spooning the butter over the mushrooms, until they are brown and almost crispy. Season with salt and pepper to taste.
- Customize the flavors by adding fresh herbs or spices.

Find our pan-fried mushroom recipes below





## Air Fry

Air frying oyster mushrooms will give them a perfectly golden and crispy coating and a moist and chewy inside. They make a great snack, appetizer or side dish for any get together...Crispy, crunchy, and incredibly delicious. Serve with lemon wedges or a dipping sauce.

- Use a paper towel to clean the mushrooms; You want them to be dry. Separate the mushrooms into individual pieces.
- Dip the mushrooms in starch, buttermilk then rice flour. Rice flour creates a delicious light and airy texture.
- Use avocado oil spray for the air fryer basket.
- Don't overcrowd the basket and try not to overlap the mushrooms. Air fry them in batches if needed.
- Rest them on a cooling rack until all the mushrooms are done to keep them crispy.
- Enjoy right away for optimal crispiness.

Find our air fried mushroom recipes below





## Oven Roast

Roasted oyster mushrooms are meaty, juicy, and crispy on the edges. They'll deliver a subtle umami flavor that's a wonderful compliment to savory dishes. They are also super simple to make.

- Preheat the oven to 450° F, Prepare the mushrooms by cleaning, separating, and seasoning them with oil, salt & pepper. Line a pan with parchment paper and spray with oil. Don't overlap the mushrooms on the pan. Roast them for about 22-25 minutes, flipping once halfway through.
- The smaller pieces will be crispier and the larger pieces will be juicier. If you prefer all of the mushrooms to have a similar texture, tear or cut them into evenly sized pieces.
- These flavors are mild to highlight the mushroom flavor itself, but you can season to your preferences by adding different spices or herbs or changing up the type of oil used (olive oil, coconut oil, sesame oil).

Find our oven-roasted mushroom recipes below



# Sweet & Savory Pan-Fried Mushrooms

With Butter / Garlic / Shallot /  
Maple / Coconut Oil / Sea Salt

## Ingredients

- 2 cups oyster mushrooms
- 1 tbsp unrefined coconut oil
- 1 tbsp butter
- 1 garlic clove, slivered or minced
- 1 shallot, minced
- 1 tsp pure maple syrup
- Salt and pepper to taste
- Dash of cayenne, optional

Garnish:

- Hamama microgreens

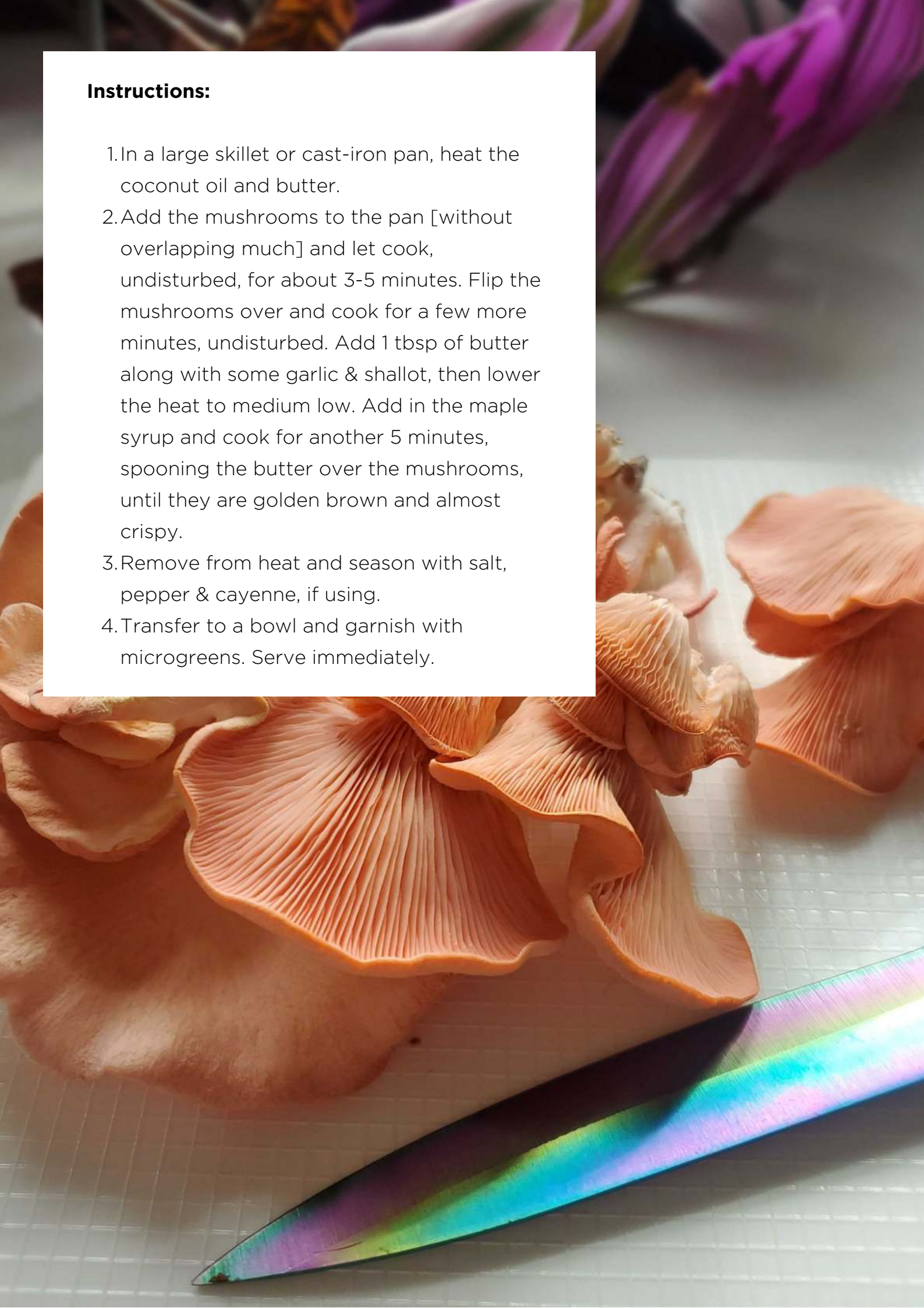


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## Instructions:

1. In a large skillet or cast-iron pan, heat the coconut oil and butter.
2. Add the mushrooms to the pan [without overlapping much] and let cook, undisturbed, for about 3-5 minutes. Flip the mushrooms over and cook for a few more minutes, undisturbed. Add 1 tbsp of butter along with some garlic & shallot, then lower the heat to medium low. Add in the maple syrup and cook for another 5 minutes, spooning the butter over the mushrooms, until they are golden brown and almost crispy.
3. Remove from heat and season with salt, pepper & cayenne, if using.
4. Transfer to a bowl and garnish with microgreens. Serve immediately.





# Air Fried Oyster Mushrooms

With Buttermilk / Garlic /  
Lemon / Spicy Sauce

~40 min / Serves 4

## Ingredients

- 1 ½ cups oyster mushrooms

### Buttermilk:

- 1 ½ cup buttermilk or unsweetened milk alternative
- 1 ½ tbsp lemon juice, plus lemon wedges for serving

### Coating:

- ½ cup tapioca starch or potato starch
- ½ cup plus 2 tbsp white or brown rice flour
- 1 tsp coarse sea salt
- 1 tsp garlic powder
- 1 tsp onion powder
- Avocado oil spray

### Dipping sauce:

- ½ cup mayonnaise
- 3 tbsp rice vinegar
- ½-1 tsp hot sauce
- 1 clove garlic, grated
- 1 tbsp soy sauce or liquid aminos
- 1 ½ tbsp ketchup
- Sea salt to taste



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### Instructions:

1. Trim the bottom tip end of the oyster mushrooms and separate the large clusters into large flat pieces.
2. In a large mixing bowl, soak the mushrooms in buttermilk for 15-20 minutes. Don't discard the milk; Save it for the next step.
3. Prepare 1 bowl with the starch and another bowl with the rice flour, salt, garlic and onion powder. From the buttermilk, dip the mushroom pieces in the starch, then back into the buttermilk, then into the rice flour. Place them on a large plate as you work through coating all of the pieces.
4. Preheat the air fryer to 400°F for 5 minutes. Spray the basket with avocado oil. Place the oyster mushrooms in a single layer and spray oil over them. Air fry at 380°F for 10 minutes, flip the mushrooms and spray with another thin layer of oil and air fry 6-8 more minutes. You'll need to do this in 2 separate batches.
5. Serve immediately with dipping sauce or with lemon wedges on the side.



# Oven-Roasted Mushrooms

With Olive Oil / Sea Salt / Cracked  
Black Pepper / Microgreens

~30 minutes / Serves 2

## Ingredients

- ½ pound oyster mushrooms  
(about 2 ½ -3 cups)
- Sea salt
- Black Pepper
- Olive Oil

Garnish:

- Hamama microgreens



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## Instructions:

1. Preheat oven to 450° F.
2. Meanwhile, prepare the mushrooms: Separate the bunches into individual mushroom pieces. Wipe them clean with a paper towel (do not rinse in water). Cut off and discard any tough parts on the stem end. If any of the mushrooms are much larger in size, cut or tear them in half along the stem.
3. Line a baking sheet with aluminum foil or parchment paper. Place the mushrooms onto the baking sheet and toss with some olive oil. Season with salt and pepper (add other seasonings if desired).
4. Place the mushrooms in the oven and bake until the bottoms of the mushrooms are blistered and golden brown, about 12 minutes. Remove the baking sheet from the oven and flip each of the mushrooms and return to the oven until the other side is golden, about 8-10 minutes more.
5. Enjoy immediately!





# Herby Barley Salad

With Browned Butter / Garlic / Mushrooms / Shallots / Herbs / Microgreens

~1.5 hours / Serves 4-6

## Ingredients

- 1 cup hulled, hull-less or pearl barley
- Salt & pepper to taste
- 5 shallots, thinly sliced into rings
- 1/3 cup olive oil
- 8 ounces oyster mushrooms, cut into large pieces
- 3 sprigs fresh thyme
- 2 garlic cloves, crushed
- 3 tbsp butter
- 2 cups fresh cilantro, chopped
- 2 cups fresh parsley, chopped
- 2 cups microgreens, chopped
- 2 tbsp fresh lemon juice

Garnish:

- Fresh Hamama Microgreens



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## Instructions:

1. Cook barley according to package instructions. Drain, spread out on a baking sheet and let cool.
2. Cook shallots in olive oil in a small saucepan over medium-high heat, stirring occasionally until golden brown, 5-7 minutes. Transfer the shallots to a paper towel to drain; season with salt. Let cool and set aside.
3. Heat olive oil in a large skillet over medium-high until just beginning to smoke. Arrange mushrooms in the skillet and cook, undisturbed, until undersides are golden brown, about 3 minutes. Season mushrooms with salt and pepper, toss, and continue to cook until golden brown all over, about 5 minutes longer.
4. Reduce heat to medium and add thyme sprigs, garlic and butter. Cook until butter smells nutty. Using a slotted spoon, transfer mushrooms to a small bowl, leaving thyme behind.
5. Toss cooled barley, cilantro, parsley, microgreens, lemon juice, shallots and mushrooms in a large bowl to combine; season with salt and pepper to taste.
6. Just before serving, top with more microgreens.





# Creamy Mushroom Soup

With Zucchini / Thyme /  
Onion / Coconut Cream /  
Microgreens

~50 min / Serves 4-6

## Ingredients

- 1 medium onion, chopped
- 2 cloves of garlic, chopped
- 1 pound oyster mushrooms, chopped
- 1 medium-sized zucchini, chopped
- 2-4 sprigs fresh thyme (or 1 tbsp dried)
- 2 bay leaves
- 4 cups vegetable or chicken stock
- 1 tbsp butter or olive oil
- 1 cup coconut cream or heavy cream
- Braggs liquid aminos to taste (optional)
- Salt and pepper to taste

Garnish:

- Hamama microgreens



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### **Instructions:**

1. Melt the butter or oil in a medium pot and saute the onion and garlic until fragrant.
2. Add the mushrooms, thyme and bay leaves and cook for about 3-5 minutes.
3. Add the zucchini and cook until slightly softened.
4. Add the stock, lower the heat slightly and let gently simmer for about 5 minutes.
5. Mix in the cream and let simmer for another 5 minutes.
6. Remove the bay leaves and thyme sprigs (Peel the thyme leaves off the stems and keep them in the soup for extra flavor).
7. Add a splash of Braggs liquid aminos.
8. With an immersion or standard blender, blend the soup until the texture is smooth and creamy. If it's too thick, add a bit more stock. If too thin, add some cornstarch or flour to thicken it.
9. Ladle the soup in bowls and season to taste with salt and pepper. Garnish with fresh microgreens on top and toasty bread on the side.



# Thai Peanut Ramen Soup

With Garlic / Ginger /  
Mushrooms / Tofu / Cilantro  
/ Microgreens

~30 minutes / Serves 4

## Ingredients

- Coconut Oil
- 1 tbsp Thai curry paste
- 4 cups broth of choice
- 1 14 oz can coconut milk
- ½ cup natural peanut butter
- 2 tbsp soy sauce / Tamari
- 1 tbsp agave syrup
- 4 garlic cloves
- 2 tsp ginger, minced
- 8 oz ramen noodles, uncooked
- Oyster mushrooms, roughly chopped
- Firm tofu (or protein of choice)
- 1 tsp turmeric
- handful of fresh spinach

### Garnish:

- Hamama microgreens
- Jalapeno slices
- Cilantro
- Chives
- Roasted peanuts



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## Instructions:

1. Bring a pot of water to a boil and cook the ramen noodles according to package instructions. Drain and set aside.
2. Heat the coconut oil in a medium-sized pot on medium-high heat. Add the garlic and ginger, and saute for a few minutes, stirring often. Add the curry paste and turmeric and saute/stir for a few more minutes. Add in the mushrooms and saute until fragrant.
3. Stir in the coconut milk and broth and bring to a simmer. Mix in the peanut butter, agave, soy sauce and spinach. Simmer for about 10 minutes.
4. Meanwhile, add coconut oil in another skillet and cook the tofu. Keep it soft or crisp it up based on your preference. Add a splash of soy sauce to the tofu for extra flavor.
5. Add the sauce to individual bowls, layer on the ramen noodles, tofu and fresh garnishes.





# Coconut Curry Ramen

With Tofu / Ginger / Lime /  
Coconut Milk / Oyster  
Mushrooms / Bok Choy /  
Microgreens

~60 min / Serves 4

## Ingredients

Tofu:

- 14-oz package extra firm tofu
- 1 tsp cornstarch
- Drizzle of oil and soy sauce
- 2 tbsp hoisin sauce

Coconut Curry Ramen:

- 2 tbsp coconut oil, divided
- 1-2 cups oyster mushrooms
- 2 bok choy, chopped (about 1-2 cups)
- 3 cloves garlic, minced
- 1-inch piece fresh ginger, peeled & minced
- 1 tsp curry powder
- 6 cups vegetable broth
- 6-8 oz. ramen noodles (I used GF brown rice ramen)
- 14-ounce can full-fat coconut milk
- Salt & pepper to taste
- Juice of ½ lime

Garnish:

- Hamama microgreens
- Cilantro
- Green Onion
- Sriracha

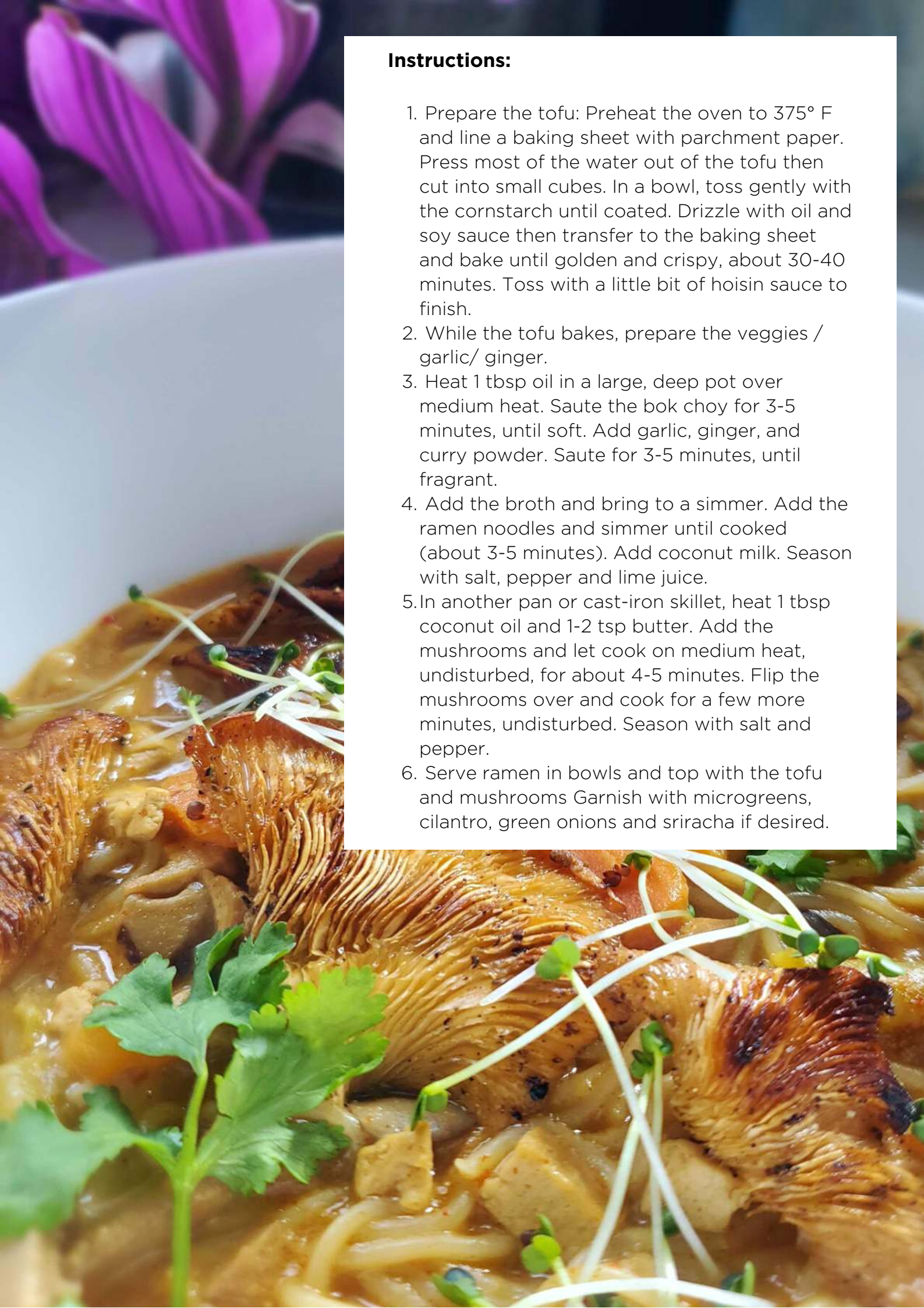


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## Instructions:

1. Prepare the tofu: Preheat the oven to 375° F and line a baking sheet with parchment paper. Press most of the water out of the tofu then cut into small cubes. In a bowl, toss gently with the cornstarch until coated. Drizzle with oil and soy sauce then transfer to the baking sheet and bake until golden and crispy, about 30-40 minutes. Toss with a little bit of hoisin sauce to finish.
2. While the tofu bakes, prepare the veggies / garlic/ ginger.
3. Heat 1 tbsp oil in a large, deep pot over medium heat. Saute the bok choy for 3-5 minutes, until soft. Add garlic, ginger, and curry powder. Saute for 3-5 minutes, until fragrant.
4. Add the broth and bring to a simmer. Add the ramen noodles and simmer until cooked (about 3-5 minutes). Add coconut milk. Season with salt, pepper and lime juice.
5. In another pan or cast-iron skillet, heat 1 tbsp coconut oil and 1-2 tsp butter. Add the mushrooms and let cook on medium heat, undisturbed, for about 4-5 minutes. Flip the mushrooms over and cook for a few more minutes, undisturbed. Season with salt and pepper.
6. Serve ramen in bowls and top with the tofu and mushrooms. Garnish with microgreens, cilantro, green onions and sriracha if desired.





# Garlicky Mushroom Pizza

With Olive Oil, Garlic & Herb  
Sauce / Shallot / Spinach /  
Cheese / Microgreens

~55 min / Serves 2-3

## Ingredients

- Fresh pizza dough, homemade or store-bought
- 4 large shallots, sliced thinly
- 8 oz oyster mushrooms, large dice
- 1 handful of fresh spinach
- Light covering of Monterey jack cheese
- Light covering of espresso cheese (Satori, Bella Vitano)
- Drizzle of olive oil

Olive Oil, Garlic & Herb Sauce Base:

- ½ cup olive oil
- 4 garlic cloves, minced
- 1 tbsp Italian seasoning
- 1 tsp thyme

Garnish:

- Hamama microgreens



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### Instructions:

1. Drizzle olive oil in a medium-sized pan and cook the shallots at medium-high heat for 5 minutes on each side or until browned. Repeat the same process for the mushrooms. Set aside to cool.
2. Preheat the oven to 375° F.
3. Roll out the dough to your preferred thickness and place on a lightly oiled pizza pan or sheet pan.
4. Prepare the base/sauce and spread on the pizza dough. Then layer on the mushrooms, shallots, spinach and cheeses.
5. Place in the oven and cook for 25-30 minutes or until cooked to your liking.
6. Place on a cutting board to cool slightly. Slice and garnish with fresh microgreens.





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