

Roasted Oyster Mushrooms

Ingredients

- Oyster Mushrooms, chopped – 4 Cups /16 oz
- Olive Oil – 1/4 Cup / 2 oz
- Salt, Kosher – 1 tsp
- Pepper, Black, ground – 1/4 tsp

Directions

1. Begin by cleaning the bottom of the Oyster Mushroom cluster. Trim away any additional material from the growing compost. Feel free to use the stem of the cluster as it will roast well and become tender.
2. Chop the mushrooms into large bite sized pieces. Place the chopped mushrooms into a mixing bowl and lightly coat them with olive oil. Using your hands (washed and gloved), combine the mushrooms and the olive oil, stirring and lightly massaging to coat them well.
3. Season the mushrooms with salt and pepper and mix gently once more to incorporate the seasoning.
4. Place the mushrooms onto a sheet tray. Roast at 425 for 12 to 15 minutes.
5. Cool the mushrooms on the sheet tray, under refrigeration, to 40F for later use.

Notes, Tricks & Tips

- Note – 4 cups of Roasted Mushrooms yields 2 Cups / 10.6 Ounces of roasted Mushrooms
- The cooked mushrooms can be used as a pizza topping or in other recipes such as the lentil burger.



Serving Size & Crediting

15 – 1/8 Cup
Servings

1/4 Cup Other
Vegetable