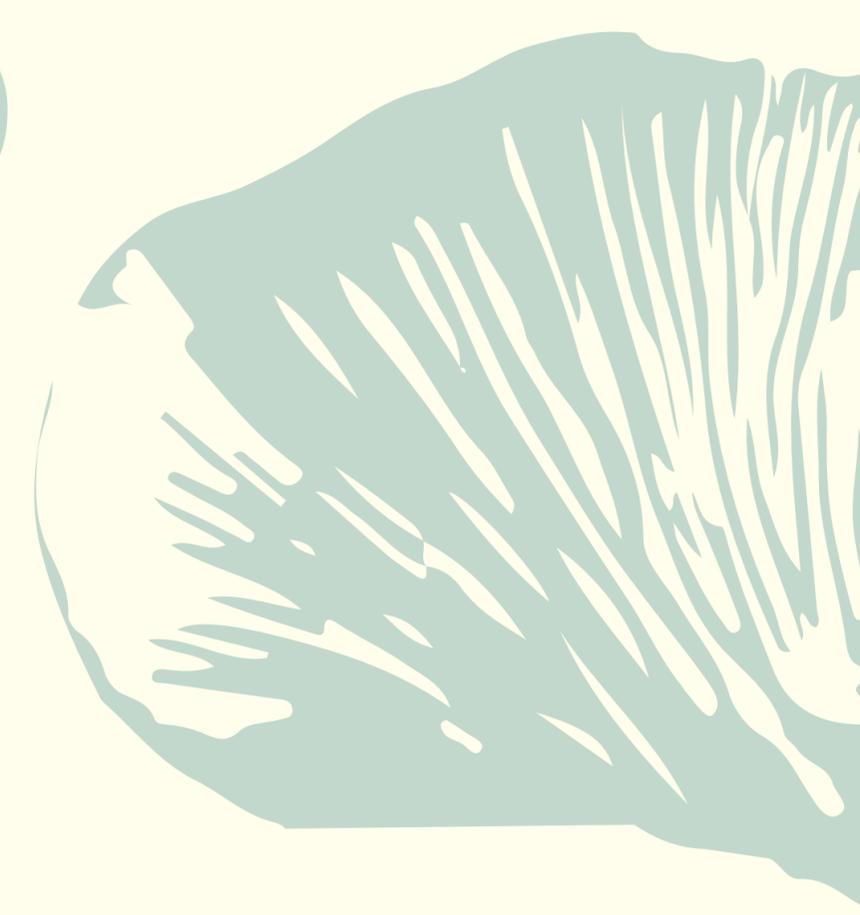


# BELOW FARM

**Mushroom Cookbook**



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## EASY BBQ SKEWERS

Shiitake

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# AT BELOW FARM, WE EAT, DRINK, LIVE MUSHROOMS.

From morning till night, when we're not growing, caring for or picking the freshest specialty mushrooms you can get in the UAE, we're cooking them! Lion's Mane coffee to nourish our brain into gear; Pink Oyster on Toast as sustenance for the day; BBQ Pulled King Oyster Nachos when we need a pick me up.

Our farm in Abu Dhabi is bursting with mushrooms, so we've tried and tested many recipes, so we wanted to share some of our family favourites. All of the recipes are simple, delicious and pay appropriate respect to the New York Times Ingredient of the Year 2022: the Mushroom.

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## Sharing some our top cooking tips from your local mushroom expert.

### Let your mushrooms breathe.

Refrigerate them in an unsealed container. If you store them in a sealed container, they'll end up going slimy.

### Don't wash with water.

Wet mushrooms steam when they cook, which impacts the texture. Use paper towel instead.

### Use your hands: tear, don't chop.

Mushrooms are delicate organisms, they can be easily torn with your hands instead of chopping.

### Use a heavy, pre-heated pan.

A high heat enables the Maillard browning reaction to add to the flavour. Try not to stir too often!

### Everything tastes better with butter.

Mushrooms are absorbers of fat and flavour - use those little sponges to your advantage!



# EASY BBQ SKEWERS

*Serves 4 as side*

Find yourself scratching your head when veggie friends come round for a bbq? These BBQ Mushrooms are THE ONE! The natural umami flavour of the Shiitake and the Oysters is accentuated by the soy & coconut aminos to deliver a delight of flavours. And its super easy. What's not to love?

## Marinade

3 tbsp Olive Oil

3 tbsp Soy Sauce

3 tbsp Worcestershire  
Sauce

3 tbsp Balsamic Vinegar

3 Crushed Garlic Cloves

1 pinch Chili Flakes

Salt & Pepper

Combine all the marinade ingredients together in a small bowl.

Put the mushrooms in a large, resealable plastic bag, and pour in the marinade. Seal the bag, and mix well to ensure that all the mushrooms are coated in the marinade. Leave for 30 minutes, minimum.

Arrange the mushrooms on skewer sticks, and bbq for 10 minutes.

## Mushrooms

400g Shiitake



# BBQ PULLED MUSHROOMS

*Serves 4 as side*

Simple, quick and easy this King Oyster recipe leans into the mushrooms versatility. The stems firm texture means they can be shaped into different forms as great meat alternatives. In this recipe they act as a perfect meat free alternative to pulled pork, resulting in a great burger topping or addition to eggs, tacos or nachos.

4 King Oyster  
Mushrooms

2 tbsp Olive Oil

1 tsp Smoked Paprika

1 pinch of Salt

1/2 tsp Cayenne Pepper

2 Garlic Cloves - crushed

1/4 cup of BBQ Sauce

Pre-heat the oven to 200°C.

Holding mushroom upside by the cap, shred the stem with a sharp fork. (Save the caps for breakfast!)

Add 1 tbsp Oil, Paprika, Salt, Cayenne Pepper & Garlic to the shredded mushrooms and mix to coat.

Arrange the mushrooms on baking parchment and put in the oven for 20mins, or until mushrooms are a bit crispy and brown on the edges.

Remove from oven, and transfer to large saute pan, with rest of the oil and BBQ sauce. Cook while stirring for 5mins until thick & fragrant.



## CRISPY NUGGETS

*Serves 4 as starter*

**Not come across Lion's Mane before? Need inspiration on how to cook them? These delicious tasty bites are crunchy yet tender and juicy. And they can be whipped up super easily! Vegan, gluten free and packed full of flavour.**

400g Lion's Mane  
Mushroom

1 cup Chickpea Flour

1 cup Water

1 tsp Garlic Powder

1/2 tsp Cumin

1/2 tsp Coriander

1/4 tsp Cayenne Pepper

1/2 tsp Garam Masala

300ml vegetable oil *(if  
you don't have a deep fryer)*

Pre-heat the deep fryer to 170°C or heat the oil in a high sided pan over a medium heat.

Using your hands, tear the mushrooms into bite sized pieces.

Combine the dry ingredients in a bowl and gradually add water until a batter is formed. Leave to stand for 5 minutes to thicken.

Dip the mushrooms, one piece at a time, into the batter to cover. Shake off any excess before adding to the fryer. Fry for 6-8 minutes until crisp and golden.

Serve with plenty of salt, and why not try them out with our mushroom ketchup recipe?



# STUFFED POTATO SKINS

*Serves 4 as a side*

**These mushroom stuffed potatoes skins are a firm favorite amongst the Below Farm small peeps. Cheating slightly, because what isn't delicious slathered in melted cheese, right? But the gooey creamy cheese is a particularly good friend to the umami flavour of the mushrooms.**

1kg Medium Potatoes

2 Large Onions

400g Oyster Mushrooms

2tbsp Olive Oil

1tbsp Smoked Paprika

1/2tsp Cayenne Pepper  
(omit if you don't like spicy)

1tsp Cinnamon

Salt & Pepper

100g Grated Cheddar

100g Grated Mozzarella

10g Parsley

Preheat the oven to 180C.

Par boil the potatoes whole and then slice in half. Arrange cut side up on a lined baking tray. Pop in the oven for 20mins, then remove to cool slightly.

Meanwhile, slice the onions & chop the mushrooms and fry them up in oil with the paprika, cinnamon, salt & pepper.

Once the potatoes are cool enough to handle, scoop out the soft insides to make little boats with the skins.

Mix the grated cheeses together in a small bowl.

Fill the skins with the mushroom onion mix and sprinkle generously with the cheese mix, and pop under the grill for 10mins.

Rough chop the parsley and sprinkle over the top to serve.



# VEGAN CARBONARA

Serves 2

Spaghetti carbonara is an old family favorite in the Below Farm household, which has slipped off the menu since the transition to a more plant based diet. So this recipe when we discovered this recipe from Feclity Cloake, we were chuffed! King Oysters work great as a bacon substitute & the black salt adds that eggs flavour.

80g King Oyster  
Mushrooms

1 tsp Light Soy Sauce

¼ tsp Smoked Paprika

Salt

200g Spaghetti

100g Silken Tofu

1 tsp White Wine  
Vinegar

1 pinch Turmeric *(optional)*

10g Nutritional Yeast

1/2 tsp Black Salt *(or  
regular salt if you cannot find)*

Coarsely ground Black  
Pepper

2½ tbsp Olive Oil

1 Garlic Clove, crushed

Put a large pan of water on to boil. Once boiling, add salt and spaghetti and cook according to pack instructions. Serves 2

Clean the mushrooms and cut them into roughly 2cm x 1cm chunks. Coat mushrooms in soy sauce & paprika.

Add 2tbsp of oil to frying pan, with crushed garlic. Once hot, fry the mushrooms until golden brown.

Meanwhile, put the tofu, vinegar and turmeric in a small bowl or mini-blender. Dissolve the nutritional yeast in 60ml of pasta water and add to the bowl. Blitz to a smooth paste, then season with the salt and lots of black pepper.

Pour the sauce mix into the mushroom pan and gently heat it through.

Drain the pasta, keeping a little of the cooking water, then add the spaghetti to the sauce and toss until well combined, adding a splash or two of the cooking water to loosen and emulsify the mix, if necessary.

Serve immediately!



# MUSHROOM PESTO

*Enough for pasta for 4 people*

**This oyster mushroom pesto is a winner slathered on toast or tossed through spaghetti. Its quick and easy too! And can substitute the cheese to make it vegan - yay!**

2tbsp Olive Oil

1 Large Onion, chopped

300g Oyster  
Mushrooms, chopped

1 Sprig Rosemary

2 Garlic Cloves

70g Grated Parmesan

20g Cashew Nuts

10g Pine Nuts

Salt & Pepper

Pre heat the olive oil in a large frying pan. Once hot, add the onions and fry until translucent. Then crush in the garlic cloves and add the mushrooms. Fry until the mushrooms start to brown. Pick the rosemary leaves off the stem and add them to the pan.

Transfer to food processor and blend for about a minute until smooth. Add the cheese and nuts and season with salt and pepper, and blend, again until smooth .

Serve on pasta or slathered on toast.



# MUSHROOM KETCHUP

*Makes about 500ml*

**Might not be a looker, but this Ottolenghi inspired mushroom ketchup is mind blowing!! An absolute flavor bombshell that is the best friend of any bbq, burger, or bowl of fries! Say goodbye to that old bottle of TommyK (a.k.a. tomato ketchup) and say hello to a new family fav.**

20g Dried Shiitake  
Mushrooms

7tsp Caster Sugar

3tbsp Soy Sauce

200g Shiitake - rough  
chopped

2tbsp Apple Cider  
Vinegar

2tbsp Oil Olive

1tsp Salt

Black Pepper

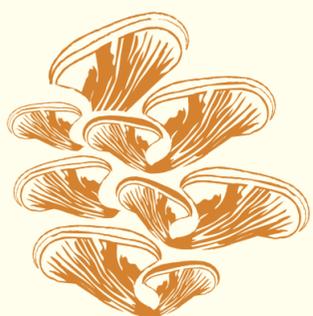
Soak the dried mushrooms in 400ml hot water for 20mins. Drain & rough chop. Reserve the soaking liquid.

Melt the sugar on a medium heat for 12mins until a light golden colour - don't stir, but don't let it burn! Add soy sauce and 3tbsp reserve soaking liquid.

Increase the heat, add the chopped fresh shiitakes, stir & cook for 4 mins.

Add the chopped rehydrated mushrooms and the 1 cup of the reserved soaking liquid. Bring to the boil and cook for 8 mins.

Transfer to the bowl of a food processor and blend until smooth (about 2 mins). Add the oil, vinegar, salt and pepper and whiz for another 2 mins until completely smooth.



**BELOW FARM**  
PREMIUM SPECIALTY MUSHROOMS

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