

CASCADIA CRAB CAKES

Ingredients: 1/2 - 1 Lb. fresh Shiitake or mixed variety, de-stemmed & diced fine; 1/2 dungeness crab, cooked and shelled or 1 small can of crab meat; 1 egg; 2 cloves garlic, diced; 1 tsp fresh thyme leaves; Panko bread crumbs; Kosher salt & freshly ground pepper

1. Dry saute mushrooms until golden brown, season lightly with salt and pepper, set aside to cool.
2. In a large bowl shred the cooked crab meat with a fork (if using canned crab, drain water first). Mix in cooked mushrooms, thyme, garlic, and the beaten egg. Mix thoroughly.
3. Now mix in Panko bread crumbs until the mixture is a good consistency to form patties. It should be moist but not dripping.
4. Heat a large skillet and melt some butter or heat cooking oil in it, just enough to coat the pan. Form crab-mixture into golf ball-sized patties with your hands and place them one-by-one into the hot skillet. Don't crowd them.
5. Allow the crab cake to brown before turning, about 5 min. Flip cakes and squash them down gently with your spatula, being careful not to break them up.

Serve your fresh crab cakes hot with cocktail or tartar sauce. They can also be refrigerated and re-heated.

MUSHROOM STROGANOFF

Ingredients: 3 Tbsp butter, 1 shallot minced, 2 garlic cloves minced, 1/2 - 1 Lb. sliced mushrooms, 1.5 cups veggie broth, 1/3 cup crème fraîche or sour cream, 3 Tbsp all-purpose flour, 1/2 tsp dried tarragon, 1/2 tsp ground pepper, About 1 tsp sea salt, 1/2 Lb fresh pasta, Italian parsley minced.

1. In a medium skillet over medium heat, melt the butter. When melted, add the shallot and cook until translucent, about 3 min. Next, add the garlic cloves, mushrooms, cook until tender and remove to a bowl and set aside.
2. In same skillet, pour broth and simmer until reduced by 1/3, scrape pan to release any mushroom bits into broth.
3. Pour mushrooms back into broth, turn heat to low.
4. Combine flour, crème fraîche, tarragon, pepper & pinch of salt in a separate bowl. Add cream mixture to skillet, give it a good mix & then cover the pot to cook for 5-7 minutes Note: If you're using sour cream, cook the mixture at a lower temperature, as sour cream can curdle when cooked at high temps. Salt and pepper to taste.
5. Meanwhile, bring a pot of salted water to a boil. Boil pasta until done & drain immediately. Serve with the mushroom stroganoff; garnish with a sprinkling of Italian parsley.

BACON-WRAPPED SHIITAKE

Ingredients: Bacon. Shiitake. Salt. Pepper.

It doesn't get much simpler or much better than this. Sure maybe we're lowering ourselves to a bacon trend that is sweeping the nation, but who cares?! These are a crowd-pleaser, and everything is better with bacon!

1. De-stem about 1 Lb (or whatever you have) of fresh, medium-sized Shiitake. Salt and pepper the underside of the caps
2. Wrap each cap in a slice of bacon. Pin the little morsels with a toothpick or a BBQ skewer.
3. Grill 'em! Cook these babies nice and slow, making sure the bacon is cooked but doesn't get burnt by hot flames. Use the edge of your grill and turn them a few times during cooking. Nothing more needs to be said, enjoy!

SALMON a la SHIITAKE

Ingredients: 1 fillet Wild Salmon; 1 pound fresh Shiitake, de-stemmed; 1/4 cup maple syrup; 1/4 cup soy sauce; 1 medium onion or shallot, sliced into thin rounds; 1 sprig rosemary; Preheat oven to 350 degrees.

1. Line a baking tray with aluminum foil and lay your salmon fillet skin-side down on the foil
2. Scatter rosemary leaves over the entire salmon fillet. Cover the salmon flesh evenly with whole mushroom caps, gill-side down. Scatter the onion/shallot rings evenly over salmon and mushrooms. Pour maple syrup evenly over the entire fillet. Pour soy sauce evenly over the entire fillet
3. Bake on oven's middle rack for 20-30 mins until Salmon is done. To judge the doneness, use a fork to check the thickest part of the fillet. Texture is best when slightly flaky and a little moist.

MUSHROOM BURGERS!

Ingredients: 1/2 to 1 Lb. fresh mushrooms (any variety), chopped finely; 1 Lb ground beef; 1/2 med. onion, finely chopped; 1-2 cloves garlic, finely chopped; fresh or dried herbs, finely chopped; 1 egg (optional); salt & pepper to taste

1. Dry saute mushrooms until most moisture has evaporated, add onion & garlic and continue cooking for 3-5 min. Add pinch of salt and remove from heat.
2. In a large bowl mix sauteed mushrooms and onions with ground beef, herbs, egg (if desired), and a dash of salt & pepper.
3. Once all ingredients are mixed, form into patties and grill the burgers.

This recipe is great with most varieties of mushroom, especially Shiitake or Oyster.

For an extra flavor burst, try adding a splash of soy sauce or teriyaki while cooking the mushrooms.