

Fresh Mushrooms

Cooking Techniques and Tastings Classroom Module



White



Portabella



Crimini



Shiitake



Maitake



Wood Ear



Oyster



Honshimeji




Enoki

TABLE OF CONTENTS



 INTRODUCTION TO MODULE

 LISTING OF FRESH MUSHROOM VARIETIES

 ORGANIZATION AND PREPARATION GUIDE FOR INSTRUCTORS

- Grocery Shopping List for Each Mushroom
- Equipment List for Each Mushroom
- Preparation Techniques for Each Mushroom

 PRESENTATION/DELIVERY GUIDES and HANDOUTS

- Presentation Outline and Notes for Each Mushroom
- Tasting Guidelines with Notes for Each Mushroom

BUILDING FLAVOR WITH FRESH MUSHROOMS

More and more, Americans are demanding a flavor adventure when they dine out. To satisfy this demand, chefs are striving to incorporate ingredients into menu items that help build intense flavor profiles. Fresh mushrooms have long been recognized as an excellent flavor builder and enhancer. We now are beginning to understand why.

Fresh mushrooms contain essential chemical compounds that make up “umami,” sometimes referred to as the fifth taste, after sweet, salty, sour and bitter. These compounds, in combination with others, are responsible for the savory, “meaty” flavor long identified with fresh mushrooms. Each mushroom variety has its own distinct flavor and texture. Cooking further enhances these differences.

The following module provides participants the opportunity to experience both the unique flavors and textures inherent to popular fresh mushroom varieties by outlining optimal cooking methods for showcasing these characteristics.

INTRODUCTION to MODULE

This module provides any person preparing a variety of domestic mushrooms for a comparative tasting in a classroom setting or other appropriate settings (trade show booth, sales meetings, lectures, etc.) with the tools to organize, prepare, present and discuss the flavor, texture and appearance of these mushrooms to foodservice professionals.

LISTING of MUSHROOM VARIETIES In Module

WHITE (*Agaricus*)

CRIMINI

PORTABELLA

SHIITAKE (Golden Oak, Black Forest or Oakwood)

GREY and YELLOW OYSTER

MAITAKE (Hen-of-the-Woods)

WOOD EAR

HONSHIMEJI (Clam Shell or Beech)

ENOKI

AVAILABILITY: Fresh mushrooms can be ordered from any full service foodservice distributor or specialty produce supplier.

Grocery/Equipment List: **WHITE**

White mushrooms

Butter or oil

Kosher salt and cracked black pepper

Chopped fresh herbs, optional

Aluminum sheet pans

Skillet/griddle

Stainless spoons

Stainless steel spatula

Metal bowl

Side towels

Small paper plates, forks, napkins



Grocery/Equipment List: **CRIMINI & PORTABELLA**

Crimini and Portabella mushrooms

Butter or oil

Kosher salt and cracked black pepper

Chopped fresh herbs, optional

Skillet/griddle

Aluminum sheetpans

Stainless bowls

Stainless spoons

Spatula

Side towels

Small paper plates, forks, napkins



Grocery/Equipment List: SHIITAKE

Shiitake mushrooms

Butter or oil

Kosher salt and cracked black pepper

Chopped fresh herbs, optional

Aluminum sheet pans

Skillet/griddle/saute pans

Stainless spoons

Stainless steel spatula

Metal bowl

Side towels

Small paper plates, forks, napkins



Grocery/Equipment List: GREY and YELLOW OYSTER

Oyster mushrooms

Butter or oil

Kosher salt and cracked black pepper

Chopped fresh herbs, optional

Aluminum sheet pans

Skillet/griddle

Stainless spoons

Stainless steel spatula

Metal bowl

Side towels

Small paper plates, forks, napkins



Grocery/Equipment List: **HONSHIMEJI**

Honshimeji mushrooms

Lemon juice or mild vinegar

Olive and canola oils

Kosher salt and cracked black pepper

Kettle

Strainer

Saute pan

Spatula

Side towels

Small paper plates, forks, napkins



Grocery/Equipment list: **ENOKI**

Enoki mushrooms

Lemon juice or mild vinegar

Olive and canola oils

Kosher salt and cracked black pepper

Chopped fresh herbs, optional

Mesclun greens

Stainless bowls

Whisk

Side towels

Small paper plates, forks, napkins



Grocery/Equipment List: **MAITAKE**

Maitake mushrooms

Butter or oil

Kosher salt and cracked black pepper

Chopped fresh herbs, optional

Madeira or Sherry

Quality demiglace, beef/veal or chicken stock

Sauté pan/large skillet

Rondo

Stainless spoons

Stainless steel spatula

Side towels • Small paper plates, forks, napkins



Grocery/Equipment List: **WOOD EAR**

Wood Ear mushrooms

Butter or oil

Kosher salt and cracked black pepper

Scallions

Quality chicken or vegetable stock

Soy sauce

Rondo

Stainless spoons

Stainless steel spatula

Side towels

Small paper plates, forks, napkins



WHITE	1 pound	3 pounds
Cook Technique	Sauté	Sauté
Fabrication	Whole	Whole
Fabricated weight/volume	1 lb. • 6 cups	3 lb. • 4-1/2 qt.
Equipment	Sauté pan Stainless spoon	Large skillet / griddle Stainless spoon
Ingredients	2 Tbsp. butter/oil 1/2 tsp. Kosher salt 1/4 tsp. gr. black pepper	1/3 cup butter/oil 1-1/2 tsp. Kosher salt 3/4 tsp. gr. black pepper
Procedure	Heat butter/oil in sauté pan; add mushrooms, salt and pepper; toss to coat. Cook on high heat, stirring occasionally.	Heat butter/oil in skillet; add mushrooms, salt and pepper; toss to coat. Cook on high heat, stirring occasionally.
Cook Time	6-8 minutes	12-14 minutes
Cooked Volume*	3 cups	2 qt.

Cook Technique	Oven Roast	Oven Roast
Fabrication	Whole	Whole
Fabricated weight/volume	1 lb. • 6 cups	3 lb. • 4-1/2 qt.
Equipment	Stainless bowl Greased sheetpan • Spatula	Stainless bowl Greased sheetpans • Spatula
Ingredients	2 Tbsp. oil 1/2 tsp. Kosher salt 1/4 tsp. gr. black pepper	1/3 cup oil 1-1/2 tsp. Kosher salt 3/4 tsp. gr. black pepper
Procedure	Preheat convection oven 400°F. In bowl toss mushrooms with oil, salt and pepper. Transfer to sheetpan. Place in oven. Stir occasionally.	Preheat convection oven 400°F. In bowl toss mushrooms with oil, salt and pepper. Transfer to sheetpans. Place in oven. Stir occasionally.
Cook Time	16-18 minutes	18-20 minutes
Cooked Volume*	2 cups	1-1/2 qt.

Flavor Variations:	Mixture may be seasoned with minced chives, parsley, thyme or sautéed minced shallots.	Mixture may be seasoned with minced chives, parsley, thyme or sautéed minced shallots.
---------------------------	--	--

* Cooked volumes are approximate — yields may vary depending on water content of fresh mushrooms

CRIMINI	1 pound	3 pounds
Cook Technique	Sauté	Sauté
Fabrication	Whole	Whole
Fabricated weight/volume	1 lb. • 7 cups	3 lb. • 4-3/4 qt.
Equipment	Sauté pan Stainless spoon	Large skillet / griddle Stainless spoon
Ingredients	2 Tbsp. butter/oil 1/2 tsp. Kosher salt 1/4 tsp. gr. black pepper	1/3 cup butter/oil 1-1/2 tsp. Kosher salt 3/4 tsp. gr. black pepper
Procedure	Heat butter/oil in sauté pan; add mushrooms, salt and pepper; toss to coat. Cook on high heat, stirring occasionally.	Heat butter/oil in skillet add mushrooms, salt and pepper; toss to coat. Cook on high heat, stirring occasionally.
Cook Time	6-8 minutes	12-14 minutes
Cooked Volume*	3 cups	2 qt.

Cook Technique	Oven Roast	Oven Roast
Fabrication	Whole	Whole
Fabricated weight/volume	1 lb. • 7 cups	3 lb. • 4-3/4 qt.
Equipment	Stainless bowl Greased sheetpan • Spatula	Stainless bowl Greased sheetpans • Spatula
Ingredients	2 Tbsp. oil 1/2 tsp. Kosher salt 1/4 tsp. gr. black pepper	1/3 cup oil 1-1/2 tsp. Kosher salt 3/4 tsp. gr. black pepper
Procedure	Preheat convection oven 400°F. In bowl toss mushrooms with oil, salt and pepper. Transfer to sheetpan. Place in oven. Stir occasionally.	Preheat convection oven 400°F. In bowl toss mushrooms with oil, salt and pepper. Transfer to sheetpan. Place in oven. Stir occasionally.
Cook Time	16-18 minutes	18-20 minutes
Cooked Volume*	2 cups	1-1/2 qt.

Flavor Variations:	Mixture may be seasoned with minced chives, parsley, thyme or sautéed minced shallots.	Mixture may be seasoned with minced chives, parsley, thyme or sautéed minced shallots.
---------------------------	--	--

* Cooked volumes are approximate — yields may vary depending on water content of fresh mushrooms

PORTABELLA	1 pound • 4-5 pieces	3 pounds • 12-15 pieces
Cook Technique	Sauté	Sauté
Fabrication	Stemmed and sliced	Stemmed and sliced
Fabricated weight/volume	12 oz. • 4 cups	2-1/4 lb. • 3 qt.
Equipment	Sauté pan Stainless steel spoon	Large skillet / griddle Stainless steel spoon
Ingredients	2 Tbsp. butter/oil 1/2 tsp. Kosher salt 1/4 tsp. gr. black pepper	1/3 cup butter/oil 1-1/2 tsp. Kosher salt 3/4 tsp. gr. black pepper
Procedure	Heat butter/oil in sauté pan; add mushrooms, salt and pepper; toss to coat. Cook on high heat, stirring occasionally.	Heat butter/oil in skillet; add mushrooms, salt and pepper; toss to coat. Cook on high heat, stirring occasionally.
Cook Time	6-8 minutes	10-12 minutes
Cooked Volume*	2 cups	1-1/2 qt.

Cook Technique	Oven Roast	Oven Roast
Fabrication	Stemmed	Stemmed
Fabricated weight/volume	4-5 caps • 12-14 oz.	12-15 caps • 2-1/2 lbs.
Equipment	Greased sheetpan Spatula • Pastry brush	Greased sheetpans Spatula • Pastry brush
Ingredients	2 Tbsp. oil 1/2 tsp. Kosher salt 1/4 tsp. gr. black pepper	1/3 cup oil 1-1/2 tsp. Kosher salt 3/4 tsp. gr. black pepper
Procedure	Preheat convection oven 450°F. Brush mushroom caps on both sides with oil. Place on sheetpan. Sprinkle with salt and pepper. Place in oven. Rebrush and turn half way through cooking.	Preheat convection oven 450°F. Brush mushroom caps on both sides with oil. Place on sheetpans. Sprinkle with salt and pepper. Place in oven. Rebrush and turn half way through cooking.
Cook Time	18-20 minutes	20-22 minutes
Cooked Volume*	4-5 caps	12-15 caps

Variations:	Mushroom caps may be marinated in balsamic vinaigrette or flavored oil.	Mushroom caps may be marinated in balsamic vinaigrette or flavored oil.
--------------------	---	---

* Cooked volumes are approximate — yields may vary depending on water content of fresh mushrooms

SHIITAKE	1 pound	3 pounds
Cook Technique	Sauté	Sauté
Fabrication	Stemmed and sliced	Stemmed and sliced
Fabricated weight/volume	12 oz. • 7 cups	2-1/4 lb. • 1-1/4 gal.
Equipment	Sauté pan Stainless spoon	Large skillet / griddle Stainless spoon
Ingredients	2 Tbsp. butter/oil 1/2 tsp. Kosher salt 1/4 tsp. gr. black pepper	1/3 cup butter/oil 1-1/2 tsp. Kosher salt 3/4 tsp. gr. black pepper
Procedure	Heat butter/oil in sauté pan; add mushrooms, salt and pepper; toss to coat. Cook on high heat, stirring occasionally.	Heat butter/oil in skillet; add mushrooms, salt and pepper; toss to coat. Cook on high heat, stirring occasionally.
Cook Time	4-5 minutes	8 minutes
Cooked Volume*	2 cups	1-1/2 qt.

Cook Technique	Oven Roast	Oven Roast
Fabrication	Stemmed	Stemmed
Fabricated weight/volume	12 oz. • 7 cups	2-1/4 lb. • 1-1/4 gal.
Equipment	Stainless bowl Greased sheetpan • Spatula	Stainless bowl Greased sheetpans • Spatula
Ingredients	2 Tbsp. oil 1/2 tsp. Kosher salt 1/4 tsp. gr. black pepper	1/3 cup oil 1-1/2 tsp. Kosher salt 3/4 tsp. gr. black pepper
Procedure	Preheat convection oven 400°F. In bowl toss mushroom caps with oil, salt and pepper. Transfer to sheetpan. Place in oven. Stir occasionally.	Preheat convection oven 400°F. In bowl toss mushroom caps with oil, salt and pepper. Transfer to sheetpan. Place in oven. Stir occasionally.
Cook Time	18-20 minutes	20-22 minutes
Cooked Volume*	2 cups	1-1/2 qt.

Flavor Variations:	Mixture may be seasoned with minced chives, parsley, thyme or sautéed minced shallots.	Mixture may be seasoned with minced chives, parsley, thyme or sautéed minced shallots.
---------------------------	--	--

* Cooked volumes are approximate — yields may vary depending on water content of fresh mushrooms

GREY OYSTER	1 pound	3 pounds
Cook Technique	Sauté	Sauté
Fabrication	Trimmed and sliced	Trimmed and sliced
Fabricated weight/volume	12 oz. • 6 cups	2-1/4 lb. • 4-1/2 qt.
Equipment	Sauté pan Stainless spoon	Large skillet / griddle Stainless spoon
Ingredients	2 Tbsp. butter/oil 1/2 tsp. Kosher salt 1/4 tsp. gr. black pepper 2 Tbsp. minced chives	1/3 cup butter/oil 1-1/2 tsp. Kosher salt 3/4 tsp. gr. black pepper 1/3 cup minced chives
Procedure	Heat butter/oil in sauté pan; add mushrooms, salt and pepper; toss to coat. Cook on high heat, stirring occasionally. Stir in chives.	Heat butter/oil in skillet; add mushrooms, salt and pepper; toss to coat. Cook on high heat, stirring occasionally. Stir in chives.
Cook Time	5 minutes	6-8 minutes
Cooked Volume*	2 cups	1-1/2 qt.

Cook Technique	Oven Roast	Oven Roast
Fabrication	Trimmed	Trimmed
Fabricated weight/volume	12 oz. • 6 cups	2-1/4 lb. • 4-1/2 qt.
Equipment	Stainless bowl Greased sheetpan • Spatula	Stainless bowl Greased sheetpans • Spatula
Ingredients	2 Tbsp. oil 1/2 tsp. Kosher salt 1/4 tsp. gr. black pepper	1/3 cup oil 1-1/2 tsp. Kosher salt 3/4 tsp. gr. black pepper
Procedure	Preheat convection oven 400°F. Toss mushrooms in bowl with oil. Place on sheetpan. Sprinkle with salt and pepper. Place in oven to roast.	Preheat convection oven 400°F. Toss mushrooms in bowl with oil. Place on sheetpan. Sprinkle with salt and pepper. Place in oven to roast.
Cook Time	8-10 minutes	10-12 minutes
Cooked Volume*	3 cups	2 qt.

Flavor Variations:	Mixture may be seasoned with minced fresh herbs.	Mixture may be seasoned with minced fresh herbs.
---------------------------	--	--

* Cooked volumes are approximate — yields may vary depending on water content of fresh mushrooms

YELLOW OYSTER	1 pound	3 pounds
Cook Technique	Sauté	Sauté
Fabrication	Trimmed • whole	Trimmed • whole
Fabricated weight/volume	12 oz. • 6 cups	2-1/4 lb. • 4-1/2 qt.
Equipment	Sauté pan Stainless spoon	Large skillet / griddle Stainless spoon
Ingredients	2 Tbsp. butter/oil 1/2 tsp. Kosher salt 1/4 tsp. gr. black pepper	1/3 cup butter/oil 1-1/2 tsp. Kosher salt 3/4 tsp. gr. black pepper
Procedure	Heat butter/oil in sauté pan; add mushrooms, salt and pepper; toss to coat. Cook on high heat, stirring occasionally.	Heat butter/oil in skillet; add mushrooms, salt and pepper; toss to coat. Cook on high heat, stirring occasionally
Cook Time	4 minutes	6 minutes
Cooked Volume*	2 cups	1-1/2 qt.

Cook Technique	Oven Roast	Oven Roast
Fabrication	Trimmed • whole	Trimmed • whole
Fabricated weight/volume	12 oz. • 6 cups	2 -1/4 lb. • 4-1/2 qt.
Equipment	Stainless bowl Greased sheetpan • Spatula	Stainless bowl Greased sheetpans • Spatula
Ingredients	2 Tbsp. oil 1/2 tsp. Kosher salt 1/4 tsp. gr. black pepper	1/3 cup oil 1-1/2 tsp. Kosher salt 3/4 tsp. gr. black pepper
Procedure	Preheat convection oven 400°F. Toss mushrooms in bowl with oil. Place on sheetpan. Sprinkle with salt and pepper. Place in oven to roast.	Preheat convection oven 400°F. Toss mushrooms in bowl with oil. Place on sheetpan. Sprinkle with salt and pepper. Place in oven to roast.
Cook Time	6-8 minutes	8-10 minutes
Cooked Volume*	2 cups	1-1/2 qt.

Flavor Variations:	Mixture may be seasoned with minced fresh herbs.	Mixture may be seasoned with minced fresh herbs.
---------------------------	--	--

* Cooked volumes are approximate — yields may vary depending on water content of fresh mushrooms

HONSHIMEJI	1 pound	3 pounds
Cook Technique	Sauté	Sauté
Fabrication	Cut stems from cluster roots	Cut stems from cluster roots
Fabricated weight/volume	12 oz. • 1 qt.	2-1/4 lb. • 3 qt.
Equipment	4-qt. Kettle • Strainer Sauté pan • Stainless spoon	8-qt. Kettle • Strainer Large skillet/griddle • Stainless spoon
Ingredients	2 qt. water • 1 Tbsp. salt • Ice water 1 Tbsp. butter/oil Dash rice vinegar or lemon juice 1/2 tsp. Kosher salt 1/4 tsp. gr. black pepper	1 gal. water • 2 Tbsp. salt • Ice water 3 Tbsp. butter/oil 1 tsp. rice vinegar or lemon juice 1-1/2 tsp. Kosher salt 3/4 tsp. gr. black pepper
Procedure	Heat water to boiling in kettle; add salt. Place mushrooms in strainer; blanch for 3 minutes. Drain; chill in ice water. Drain again. Heat butter/oil in saute pan; add mushrooms, vinegar, salt and pepper; toss to coat. Cook, stirring on high heat.	Heat water to boiling in kettle; add salt. Place mushrooms in strainer; blanch for 3 minutes. Drain; chill in ice water. Drain again. Heat butter/oil in saute pan; add mushrooms, vinegar, salt and pepper; toss to coat. Cook, stirring on high heat.
Cook Time	3-5 minutes	5-9 minutes
Cooked Volume*	2 cups	5 cups

Cook Technique	Oven Roast	Oven Roast
Fabrication	Cut stems from cluster roots	Cut stems from cluster roots
Fabricated weight/volume	13 oz. • 3-1/2 cups	2-1/2 lb. • 3 qt.
Equipment	4-qt. kettle • Strainer Greased sheetpan • Spatula	8-qt. kettle • Strainer Greased sheetpan • Spatula
Ingredients	2 qt. water • 1 Tbsp. salt • Ice water 2 Tbsp. butter/oil Dash rice vinegar or lemon juice 1/2 tsp. Kosher salt 1/4 tsp. gr. black pepper	1 gal. water • 2 Tbsp. salt • Ice water 1/3 cup butter/oil 1 tsp. rice vinegar or lemon juice 1-1/2 tsp. Kosher salt 3/4 tsp. gr. black pepper
Procedure	Heat water to boiling in kettle; add salt. Place mushrooms in strainer; blanch for 3 minutes. Drain; chill in ice water. Drain again. Preheat conventional oven to 450°F. In bowl toss mushrooms with oil, vinegar, salt and pepper. Transfer to sheetpan. Place in oven. Stir occasionally.	Heat water to boiling in kettle; add salt. Place mushrooms in strainer; blanch for 3 minutes. Drain; chill in ice water. Drain again. Preheat conventional oven to 450°F. In bowl toss mushrooms with oil, vinegar, salt and pepper. Transfer to sheetpan. Place in oven. Stir occasionally.
Cook Time	3-8 minutes	8-10 minutes
Cooked Volume*	1-1/3 cups	5-2/3 cups

Variations:	Chill cooked mushrooms to mix into salads. Stir-fry with vegetables or seafood. Stew in brown or cream sauce.	Chill cooked mushrooms to mix into salads. Stir-fry with vegetables or seafood. Stew in brown or cream sauce.
--------------------	---	---

* Cooked volumes are approximate — yields may vary depending on water content of fresh mushrooms

ENOKI	1 pound • 4x4 oz. clusters	3 pounds • 12x4 oz. clusters
Cook Technique	Marination	Marination
Fabrication	Cut stems from cluster roots	Cut stems from cluster roots
Fabricated weight	4x3-oz. stem groups	12x3-oz. stem groups
Equipment	Stainless steel bowl Whisk	Stainless steel bowl Whisk
Ingredients	2 Tbsp. lemon juice or flavored vinegar 1/3 cup flavored oil 1/2 tsp. Kosher salt 1/4 tsp. gr. black pepper 2 Tbsp. fresh minced herbs	1/3 cup lemon juice or flavored vinegar 1 cup flavored oil 1-1/2 tsp. Kosher salt 3/4 tsp. gr. black pepper 1/3 cup fresh minced herbs
	In bowl whisk together lemon juice, oil, salt and pepper; toss with mushrooms. Let stand 30-60 minutes. Serve cool over greens or as a garnish.	In bowl whisk together lemon juice, oil, salt and pepper; toss with mushrooms. Let stand 30-60 minutes. Serve cool over greens
Variations:	Add plain Enoki to soups, stir fries and salads just before serving. Enoki is best served raw.	Add plain Enoki to soups, stir fries and salads just before serving. Enoki is best served raw.

* Cooked volumes are approximate — yields may vary depending on water content of fresh mushrooms

MAITAKE	1 pound	3 pounds
Cook Technique	Sauté	Sauté
Fabrication	Sliced	Sliced
Fabricated weight/volume	1 lb. • 6 cups	3 lb. • 4-1/2 qt.
Equipment	Sauté pan Stainless spoon	Large skillet / griddle Stainless spoon
Ingredients	2 Tbsp. butter/oil 1/2 tsp. Kosher salt 1/4 tsp. gr. black pepper 2 Tbsp. minced parsley	1/3 cup butter/oil 1-1/2 tsp. Kosher salt 3/4 tsp. gr. black pepper 1/3 cup minced parsley
Procedure	Heat butter/oil in sauté pan; add mushrooms, salt and pepper; toss to coat. Cook on high heat, stirring occasionally. Stir in parsley.	Heat butter/oil in skillet; add mushrooms, salt and pepper; toss to coat. Cook on high heat, stirring occasionally. Stir in parsley.
Cook Time	6-8 minutes	12-14 minutes
Cooked Volume*	2-1/2 cups	2 qt.

Cook Technique	Braise	Braise
Fabrication	Sliced	Sliced
Fabricated weight/volume	1 lb. • 6 cups	3 lb. • 4-1/2 qt.
Equipment	Sauté pan Stainless steel spoon	Large skillet / rondo Stainless steel spoon
Ingredients	2 Tbsp. oil 1/2 tsp. Kosher salt 1/4 tsp. gr. black pepper 1/3 cup demiglace 2 Tbsp. minced parsley	1/3 cup oil 1-1/2 tsp. Kosher salt 3/4 tsp. gr. black pepper 1 cup demiglace 1/3 cup minced parsley
Procedure	Heat oil in sauté pan; add mushrooms, salt and pepper; toss to coat. Cook on high heat 3-4 minutes. Add demiglace; simmer 5 minutes. Stir in parsley.	Heat oil in skillet; add mushrooms, salt and pepper; toss to coat. Cook on high heat 6-8 minutes. Add demiglace; simmer 8-10 minutes. Stir in parsley.
Cook Time	8-10 minutes	18-20 minutes
Cooked Volume*	3 cups	2 qt.

Flavor Variations:	Mixture may be seasoned with minced chives or thyme, Madiera or Sherry.	Mixture may be seasoned with minced chives or thyme, Madiera or Sherry.
---------------------------	---	---

* Cooked volumes are approximate — yields may vary depending on water content of fresh mushrooms

WOOD EAR	1 pound	3 pounds
Cook Technique	Braise	Braise
Fabrication	Thinly sliced	Thinly sliced
Fabricated weight/volume	1 lb. • 1 qt.	3 lb. • 3 qt.
Equipment	Rondo / deep skillet Stainless steel spoon	Rondo / deep skillet Stainless steel spoon
Ingredients	2 Tbsp. oil 1/4 tsp. gr. black pepper 3 cups stock 1/4 cup soy sauce 3 Tbsp. minced scallion	1/4 cup oil 3/4 tsp. gr. black pepper 2 qt. stock 3/4 cup soy sauce 1/2 cup minced scallion
Procedure	Heat oil in rondo; add mushrooms, salt and pepper; toss to coat. Sauté 2-3 minutes. Add stock and soy, bring to a boil and simmer to reduce liquids and thicken; 18-20 minute. Sprinkle with scallions.	Heat oil in rondo; add mushrooms, salt and pepper; toss to coat. Sauté 2-3 minutes. Add stock and soy, bring to a boil and simmer to reduce liquids and thicken; 20-24 minute. Sprinkle with scallions.
Cook Time	23-25 minutes	25-30 minutes
Cooked Volume*	3-1/2 cups	2-1/2 qt.

Variations:	Add to stews, soups, sauces or stir-fries during the last part of cooking period.	Add to stews, soups, sauces or stir-fries during the last part of cooking period.
--------------------	---	---

* Cooked volumes are approximate — yields may vary depending on water content of fresh mushrooms

Mushroom Variety	1 pound • Raw	3 pounds • Raw
Raw Weight		
Cook Technique		
Fabrication		
Ingredients		
Cook Time		
Cooked Volume		

Mushroom Variety	1 pound • Raw	3 pounds • Raw
Raw Weight		
Cook Technique		
Fabrication		
Ingredients		
Cook Time		
Cooked Volume		
Flavor Variations:		



Fresh Mushrooms

Tasting Guidelines

White TASTING GUIDELINE

White (*Agaricus*)

Botanical name: *Agaricus bisporus*. White mushrooms vary in color from creamy white to light brown and in sizes from small (button) to jumbo. They are pleasingly mild and woody; their flavor intensifies when cooked. Freshly picked White mushrooms have closed veils (caps that fit closely to the stem) and delicate flavor; mature Whites, with open veils and darkened caps, develop a richer, deeper taste.

Tasting Notes:

Crimini & Portabella TASTING GUIDELINE

Crimini & Portabella

Botanical name: *Agaricus bisporus*. Portabella and Crimini are flavorful cousins to the White mushroom. Criminis, tan to brown, are firm with a buttery texture. They are picked while the caps are still closed. The Portabella have a rich robust mushroom taste and are picked when further ripened allowing the gills to open and spores to mature. Their texture has been referred to as meaty. Both these mushrooms can be lightly rinsed or wiped with a damp towel, stem trimmed and then sautéed, oven roasted, grilled or broiled.

Crimini Tasting Notes:

Portabella Tasting Notes:

Shiitake TASTING GUIDELINE

Shiitake

Botanical name: *Lentinula edodes*: means “shii mushroom” in Japanese, referring to where it grows on the shii tree. Other common names are Golden Oak, Black Forest and Oakwood mushroom. Shiitake has a classic mushroom shape with open gills. Its texture is firm and slightly chewy. There is no need to wash this mushroom, just wipe it with a damp towel. Shiitakes always should be completely stemmed and cooked. They can be sautéed, oven roasted, grilled or broiled or added to soups and stews.

Tasting Notes:

Oyster TASTING GUIDELINE

Oyster Mushrooms

Botanical name: *Pleurotus ostreatus*. Oyster mushrooms are available in several colors, most commonly grey, yellow and steel blue. In general, their texture is like their namesakes and they have a mild, pleasant taste. Many growers grow clusters of baby oysters while others sell larger single mushrooms. Flavor, texture and appearance varies between small oyster clusters and fully mature oyster mushrooms. Oyster mushrooms are best simply wiped and sautéed in butter or oil or oven roasted to intensify their mild flavor. They can be added to soups, stews or pasta dishes.

Tasting Notes:

Honshimeji TASTING GUIDELINE

Honshimeji

Botanical name: *Hypsizygus tessulatus*. These creamy white mushrooms have a crisp firm, flesh with a short thick stem. They also are known as Clam Shell or Beech. Honshimeji mushrooms are generally sold in clusters and have a mild, nutty flavor and retain their shape and texture when prepared. These mushrooms do not require washing and can be sautéed, oven roasted or added to soups, stews, pasta and salad. They can be prepared in the same manner as White mushrooms but require less cooking time. Best suited for dishes that play up their unique shape, clear color and light crunch. They shine in a fairly simple preparation.

Tasting Notes:

Enoki TASTING GUIDELINE

Enoki

Botanical name: *Flammulina velutipes*. Enokis are tender white mushrooms with long delicate stems, small caps and a sweet, mild taste. They are sold in clusters, just as they are grown. Also referred to as Snow of Winter mushrooms because of its love of cold climate growing. The lower portion of this mushroom cluster is trimmed. The Enoki is best served on salads or added to soups, stir-fries or delicate sauces during the last minutes of cooking.

Tasting Notes:

Maitake TASTING GUIDELINE

Maitake (Hen-of-the-Woods)

Botanical name: *Grifola frondosa*. Maitake means “dancing mushroom” in Japanese, referring to the overlapping leaflets of the mushroom resembling butterflies in a wild dance. Another common name for Maitake is Hen-of-the-Woods. The brown and grey cluster of petals or fronds is fused in a central stalk. This mushroom is not washed. Simply slice and sauté in butter or oil, oven roast or batter and fry. It will add a rich meaty flavor to any dish.

Tasting Notes:

Wood Ear TASTING GUIDELINE

Wood Ear

Botanical name: *Auricularia polytrichah*. This brown to black mushroom resembles the shape of an ear, hence its name. It is sometimes referred to as a Tree Ear mushroom as well. It has a mild flavor and chewy texture and takes on flavors beautifully. The Wood Ear is best served in stews, soups and stir-fries.

Tasting Notes:

WORKSHEET

MUSHROOMS • RAW

Variety:

Appearance: _____

Flavor/Scent: _____

Texture: _____

MUSHROOMS • COOKED

Cook
Technique:

Appearance:

Flavor/Scent:

Texture:

MUSHROOMS • COOKED

Cook
Technique:

Appearance:

Flavor/Scent:

Texture:

WHITE



WHITE • RAW

Appearance: Creamy white color, tightly closed caps.

Flavor/Scent: Pleasingly mild, slightly woody, clean flavor. Mild with clean, crisp scent.

Texture: Spongy, crisp texture. Takes on flavors very well such as marinades and dressing.

WHITE • COOKED

Appearance: Darkens and shrinks when cooked, rich in appearance.

Flavor/Scent: Woodsy flavor intensifies when cooked, develops a rich flavor. Mild yet rich scent.

Texture: Firm and rich.

CRIMINI



CRIMINI • RAW

Appearance: Light tan to rich brown color, tightly closed caps.

Flavor/Scent: Very earthy, deep flavor.

Texture: Very firm texture, denser than *Agaricus*.

CRIMINI • COOKED

Appearance: Shrinks in size. Dark, rich in appearance, takes on a caramelized tone when sautéed or oven roasted.

Flavor/Scent: Hearty, full-bodied flavor. Very earthy smell.

Texture: Velvety, firm and dense.



PORTABELLA

PORTABELLA • RAW

Appearance: Very impressive and large. A relative to the Crimini, yet can range from 4-6 inches in size.

Flavor/Scent: Full flavored, dense and substantial. Sautéing or grilling brings out its best flavor.

Texture: Firm texture, crisp and full flavor.

PORTABELLA • COOKED

Appearance: Very dark, meat-like in appearance. Open cap with dark spores exposed.

Flavor/Scent: Rich, meat like in flavor, earthy and full flavored.

Texture: Firm, dense and substantial texture, meat like in mouth feel.



SHIITAKE

SHIITAKE • RAW

Appearance: Ranges in color from tan to dark brown. The open, umbrella shaped cap exposes the long pale tan gills. The stem is long and woody and usually discarded. Caps usually range from 2-3 inches in size.

Flavor/Scent: Rich, earthy taste with a hint of smokiness. (Shiitake should always be cooked.)

Texture: Soft, sponge-like when raw. Caps velvety in feel.

SHIITAKE • COOKED

Appearance: Appear glossy and very strong color difference between cap and flesh. Nice appearance.

Flavor/Scent: Fragrant, smoky smell with intensity that lends itself to more complex dishes. Takes on flavors very well.

Texture: Very meaty, and firmer in texture when cooked.

OYSTER



OYSTER • RAW

Appearance: Fluted, graceful, delicate warm brown to gray in color.

Flavor/Scent: Delicate, mild flavor.

Texture: Velvety texture, very soft and delicate.

OYSTER • COOKED

Appearance: When sautéed, color pales. Maintains graceful appearance.

Flavor/Scent: Delicate, mild flavor takes on flavors and accents well.

Texture: Velvety texture, very soft and delicate.

HONSHIMEJI



HONSHIMEJI • RAW

Appearance: Petite clusters of either white or brown caps.

Flavor/Scent: Sweet, almost nutty flavor that is mild and delicate.

Texture: Crunchy, crisp texture.

HONSHIMEJI • COOKED

Appearance: Retains shape and clean color.

Flavor/Scent: Mild with a hint of nuts and herbs.

Texture: Fleshy and juicy with a crisp edge.

ENOKI



ENOKI • RAW

Appearance: Creamy white color, fragile, long slender and delicate appearance.

Flavor/Scent: Mild scent and flavor.

Texture: Crisp, clean and crunchy.

ENOKI • COOKED

Not recommended

MAITAKE



MAITAKE • RAW

Appearance: Large cluster-like appearance, similar to cauliflower. Pale white body with dark brown edges (fronds).

Flavor/Scent: Very meaty, rich taste with a strong distinctive aroma, almost a smoky and woody scent.

Texture: Very supple, firm and dense, almost earthy in texture.

MAITAKE • COOKED

Appearance: Takes on a dark tone when cooked. Firm, meat-like in appearance.

Flavor/Scent: Very pungent and rich in flavor and smell. Earthy and bold flavor.

Texture: Firm, meat-like texture, full-bodied.

WOOD EAR



WOOD EAR • RAW

Appearance: Grey and brown tones. Very large, delicate appearance. Resembles kelp or seaweed patches.

Flavor/Scent: Earthy smell with a mild flavor profile.

Texture: Chewy mouth-feel with a distinct texture.

WOOD EAR • COOKED

Appearance: Darkens when cooked and takes on colors from cooking liquids.

Flavor/Scent: Absorbs other flavors.

Texture: Softens when cooked, almost melts in your mouth.