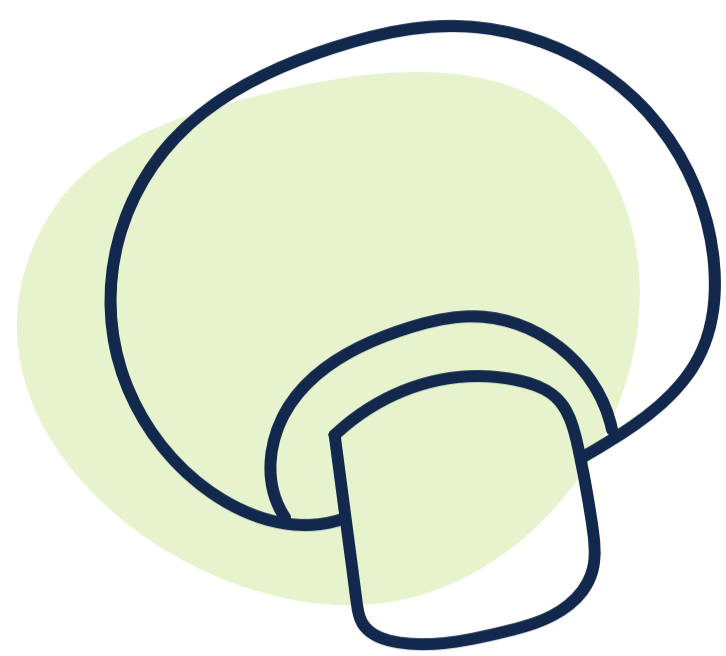


# Mushroom GUIDE

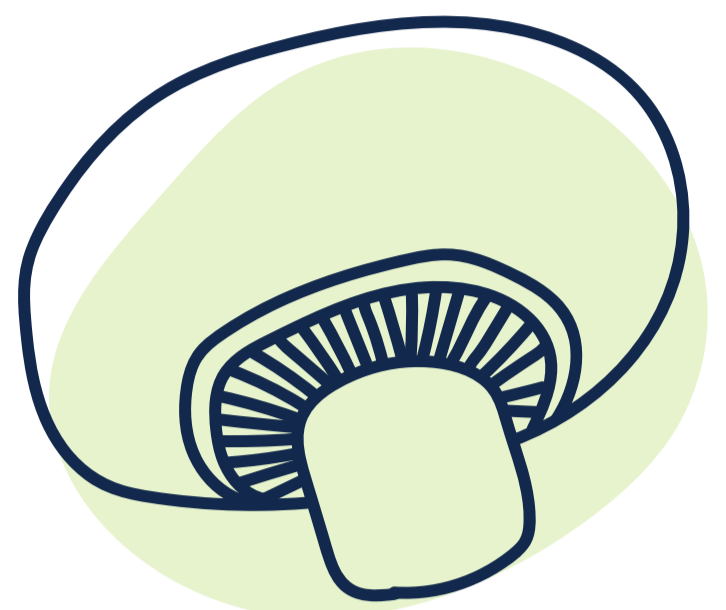


## BUTTON

Makes up 90% of the mushrooms we eat

Flavor: Crisp and mild

Works well in: Soup, salad, pizza

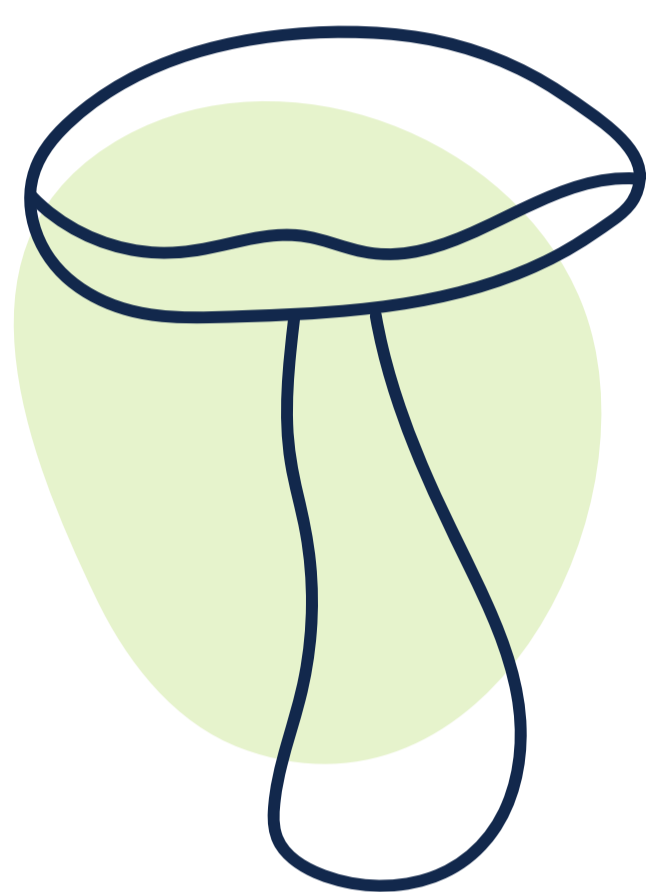


## CREMINI

Also known as baby bellas

Flavor: Earthy and meaty

Works well in: Grain bowls, roasted dishes

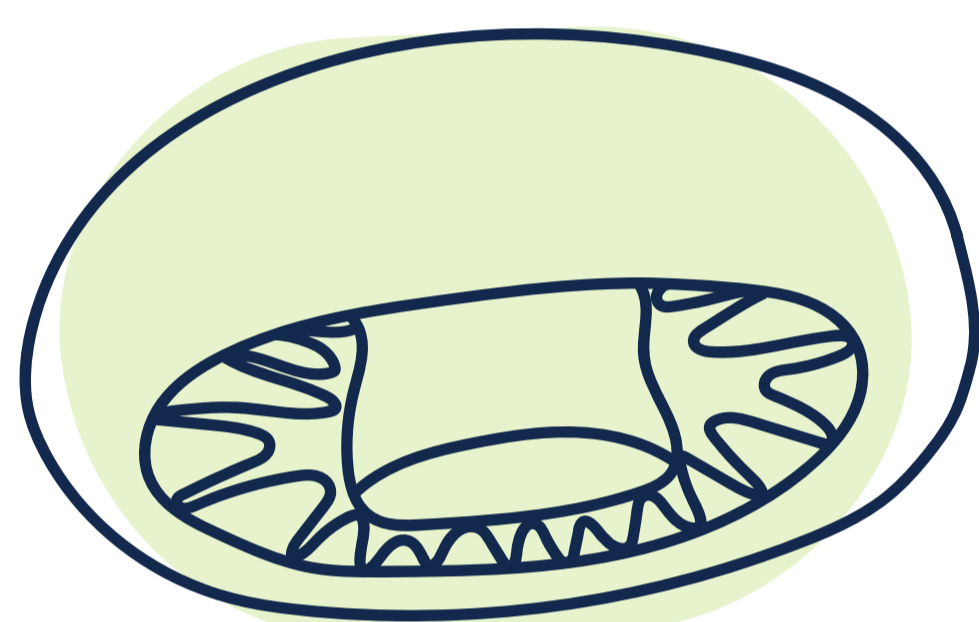


## PORCINI

A gourmet addition to Italian cuisine

Flavor: Woodsy and nutty

Works well in: Mushroom risotto, pasta sauce



## PORTOBELLO

A great meat substitute

Flavor: Rich, dense, smoky

Works well in: Sandwiches, pasta sauces, pizza



## SHIITAKE

Native to Asian cuisine

Flavor: Savory and smoky

Works well in: Risotto, pasta, stews

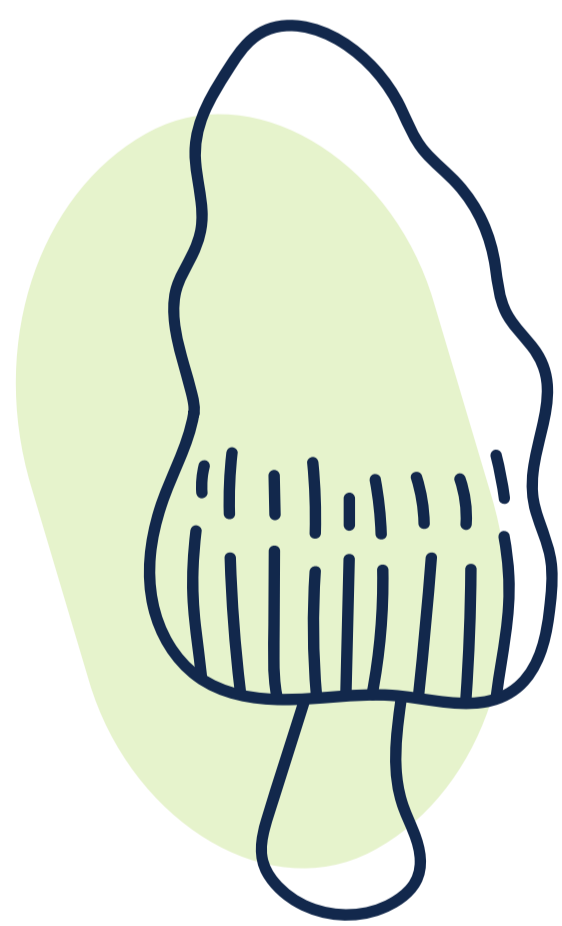


## TRUFFLE

Grows underground, difficult to find

Flavor: Rich, nutty, earthy

Works well in: Grated over pasta risotto



## MORELS

Rare to find raw, grow in the wild

Flavor: Earthy and toasty

Works well in: Risotto, stocks, cream sauces



## OYSTER

Most common in Asian cuisines

Flavor: Mild, sweet, anise-like

Works well in: Stir-fries, soups



## CHANTERELLE

Fleshy and firm

Flavor: Fruity, nutty, peppery

Works well in: Mushroom soup, salmon dishes, scrambled eggs



Tip #1

To clean: Never soak mushrooms, wipe them clean with a damp cloth

\* Tip #2

To store: Place in a paper bag and store in refrigerator