

## A GUIDE TO MUSHROOMS

SUMMER 2009

	VARIETY	FLAVOR/APPEARANCE	SERVING SUGGESTIONS
	<b>Baby Bella (Cremini)</b>	Bulbous cap with light tan exterior and firm texture. Mild, yet more concentrated, flavor than white mushrooms.	A flavorful substitute for white mushrooms. Eat raw on salads or sauté for pizza, pasta, quesadillas, or cheeseburgers.
	<b>Chanterelle</b>	Trumpet shaped with an orange or yellow exterior and meaty flesh. Fruity smell and mild peppery taste.	Sauté in butter with a touch of salt and pepper for egg dishes.
	<b>Enoki</b>	Long, spindly stems with small, button-shaped caps. Crunchy texture and mild flavor.	Before using, trim roots at cluster base and separate stems. Eat raw in salads and sandwiches or use in soups.
	<b>Morel</b>	Elongated cap with a honeycomb-like appearance. Uniquely nutty and meaty flavor.	Always cook morels. Sauté with butter to bring out the subtle, treasured character. Excellent for light cream and wine sauces.
	<b>Oyster</b>	Oyster-shaped cap with a gray, pale yellow, or sometimes blue velvety exterior. Delicate, mild flavor.	Trim ends flush with caps and add to recipes toward the end of cooking to preserve flavor and appearance. Excellent in egg dishes.
	<b>Porcini</b>	Bulbous stem with brown caps and a meat-like texture. Earthy, nutty flavor unequaled among other mushrooms.	Sauté and serve with fresh olive oil and parsley or stew with tomatoes. Also ideal as base of a pasta sauce or bruschetta topping.
	<b>Portobello</b>	A larger relative of the Baby Bella with tan or brown caps that measure up to six inches in diameter. Deep, meat-like flavor.	Grill, broil, or roast and serve as appetizer, entrée, or side dish.
	<b>Shiitake</b>	Curved stems with tan or dark brown umbrella-shaped caps. Earthy, smoky flavor with meaty texture and slightly chewy bite.	Before using, remove stems. Use in omelets, soups, stir-fry, and meat dishes.
	<b>White</b>	White bulbous cap with a mild flavor that intensifies when cooked.	Eat raw on salads or sauté for pizza, pasta, quesadillas, or cheeseburgers.