

Mushrooms



Selecting

There are 7 varieties of Canadian mushrooms. The most popular is the white button mushroom, which varies in size from small to jumbo and is white or off- white.

Crimini brown mushrooms are similar in shape and size to the button mushrooms but are firmer and darker in colour, ranging from tan to dark brown. They also have a more earthy meatier flavour than the button mushroom.

Portabellas are fully-grown brown mushrooms, with a large, light tan cap. Portabellas are the largest of all mushrooms with caps ranging in size from 2 to 8 inches (5 to 20 cm).

Shiitake mushrooms are tan to dark brown and have a large umbrella shaped cap with a skinny stem. These mushrooms have a very meaty flavour.

Oyster mushrooms have a light to dark brown, funnel-shaped cap, ranging in size from 1 to 4 in. (2.5 to 10 cm.), with a short off-centre stem. This variety has a very mild flavour.

King oyster mushrooms have a light tan cap with a thick white stem, and have a woody and sweet taste.

Mushrooms can be purchased in bulk or cello wrapped. Mushrooms should be uniform in colour and firm with tightly closed caps. Mushrooms should be clean and dry.

Storing

Mushrooms are best stored in a paper bag in the crisper. If you buy mushrooms in a cello-wrapped package you can leave them as is until you open the package. Any leftover mushrooms should be then stored in a paper bag. Most varieties of mushrooms will last at least 5 days.

Preparing

Clean mushrooms by wiping them with a damp paper towel or mushroom brush. You can also trim the end of the stem. Mushrooms can be eaten raw or cooked.

Eating mushrooms

Mushrooms are very versatile. They can be used raw in soups, salads, appetizers or entrees.

They can be eaten raw, plain or with any variety of dips. And they can be stir-fried, baked or breaded.

Seasonality

Mushrooms are available year-round.

Nutrition

A 1/2 cup (125 mL) has about 15 calories. Mushrooms are a source of B vitamins.



Save money by swapping out beef for mushrooms!
This delicious sloppy joe alternative is sure to please.
www.halfyourplate.ca/recipe/mushroom-beef-sloppy-joes/

