

Get to Know Your Mushroom Varieties!



While all mushrooms are great, few understand the many uses that all the different varieties have. Specialty mushrooms have specific textures and flavors that pair perfectly with certain dishes.

Varieties:



Portabella

Portabella - Their texture makes them a “burger” or “steak” to be reckoned with. Grill and serve this flavorful vegetarian alternative on toasted buns.



Baby Bella

White - If you’re looking for a traditional mushroom with a mild earthy taste, white mushrooms are just what you need. They can be used raw as a salad topper or sautéed to top a steak or burger.

Baby Bella/Cremeni - Although they are similar in size and shape to white mushrooms, they’re hardier and provide a deeper earthy taste. They are as versatile as white mushrooms but have a stronger flavor.



Oyster

King Trumpet - These are mild and slightly milky to taste, with savory notes that intensify when cooked. Slice lengthwise and sauté or grill.

Oyster - These have a delicious, delicate flavor. They give off a mild pepper taste and their texture is buttery smooth and light. Simply sauté and enjoy - these melt in your mouth. Oyster mushrooms breaded and fried resemble calamari.



Beech

Porcini - The intense earthy aroma, umami-rich flavor, and smooth texture often allows you to use a smaller amount. They can typically be used as a substitute for any mushroom variety.

Beech - These mushrooms have a crunchy texture that offers a delicately mild flavor, both satisfyingly sweet and nutty. Pull cluster apart and add to soups and stir-fries.



Chanterelle

Enoki - Their crunchy texture and mild taste make them unique. Add to salads, sandwiches or soups for a satisfyingly subtle, yet savory flavor. Lightly cook and serve in soups or in stir-fry with vegetables and meat.

Chanterelle - The delicate flavor and tender texture make them a popular wild mushroom. Great sautéed in butter with onions or blended into a creamy bisque soup.

Morel - This variety is one of the most elite with a buttery and slightly smoky taste. Toss with flour and sauté in butter.

Shiitake - Shiitake are bursting with a rich, smoky flavor. They make the perfect addition to stir-fry, pasta, soups and sides!

Maitake - These have a decadent woody taste and distinct aroma. Sautéed in barbecue sauce, these mushrooms can be mistaken for pulled pork in their texture and appearance.



White



King Trumpet



Porcini



Enoki



Morel



Maitake