

YOUR GUIDE TO Mushrooms

Mushrooms add rich taste and texture to your meals. Use this guide to learn all about the flavourful varieties.

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Portobello

Mature white mushrooms with rich, earthy flavour and meaty texture—a hearty alternative to meat for grilling, stuffing and roasting.



Cremini/Baby Bella

Intense earthy and meaty flavour—tasty raw or cooked in salads, soups and entrées.



Shiitake

Woodsy, full flavour and soft, meaty texture—delicious in stir-fries and soups or with noodles.



Oyster

Subtle, delicate and velvety. Used to enhance meat and seafood, or try roasting with panko breadcrumbs and grated Parmesan on top.



Enoki

Delicately flavoured, with long, slender white stems and tiny, firm caps—add silky texture to Asian dishes, salads, sandwiches, soups and stir-fries.



King Oyster





Thick-fleshed and chewy from top to bottom, with delicate woodsy and sweet flavour—try shaving over salad or roasting in the oven to make chips.



Stuffers

Woodsy flavour that intensifies through cooking—stuff and then grill or broil.

Mushrooms 101

-  Fresh mushrooms should be firm, with a shiny surface and uniform colour.
-  Keep mushrooms refrigerated in a brown paper bag.
-  Most mushrooms last five to eight days, but the sooner you use them, the better.
-  Before use, wipe fresh mushrooms gently with a damp cloth or rinse in cold water and then pat dry—never soak.