

Versatility In Varieties



Appearance

WHITE BUTTON

Classic mushroom appearance with a short, thick stem and white cap; closed veil covers dark gills



CRIMINI

Similar in appearance to white button but with a light tan to rich brown cap and firmer texture; veil may be closed or open



PORABELLA

A larger relative of crimini with tan or brown caps that measure up to 6 inches in diameter; veils are open to expose gills



SHIITAKE

Tan to dark brown in color with broad caps; open veils expose light gills; thin, curved stems that should be removed if fibrous



KING TRUMPET

Thick white stems with golden brown caps that are somewhat flat; tender vertical gills are exposed at top of stem



MAITAKE

Delicate, rippling, gray-brown feather-like caps clustered around a central stem; also known as "Hen of the Woods" due to this distinctive appearance



OYSTER

Found in gray, blue, pink and yellow with fanned flat caps clustered around a dense off-center stalk and open gills on the underside



LION'S MANE

Bright white with a unique shaggy exterior that resembles a lion's mane



BEECH

Available in white and brown with long stems and medium sized caps; harvested in clusters called "bouquets"

Flavor

Fairly mild, blends well with most flavors; flavor intensifies when cooked

Deeper, earthier, heartier flavor than white buttons; exposed gills yield even richer flavor

Deep, meaty flavor and firm texture

Firm, meaty texture rich in umami and woodsy flavors when cooked

Delicate, nutty flavor and firm, meaty texture that mimics seafood like scallops

Rich, woodsy, earthy taste and succulent texture

Delicate texture and mild flavor that is often described as briny

Mildly sweet flavor and a tender texture that resembles shellfish like crab or lobster

Can be bitter when eaten raw; cooking yields sweet, savory and nutty flavor and satisfying crunchy texture

Culinary Use

Exceptionally versatile mushroom to serve fresh on salads, sauté or roast for pasta, pizza or mains

Full-bodied flavor makes them the perfect addition to beef, poultry and vegetable dishes

Large size is perfect for grilling, broiling or roasting to serve as an entrée, appetizer or side; flavorful plant-based alternative to traditional burger patty

Add a rich, meaty flavor and satisfying firm texture to soups, sides, stir-fries and entrees; exceptional in flavorful Asian dishes

Cut lengthwise to grill, sauté or roast; fork shred as a meaty option for plant-based BBQ sandwiches; cut cross-wise and sear rounds as "scallops"

Cook as a whole cluster or tear into smaller pieces to suit any recipe; sauté in butter or oil until delicate edges reach desired crispness

Sear in whole large clusters "chicken under a brick" style for a juicy steak-like entrée, or tear into pieces and sauté to yield deliciously crisp edges

Serve as an accompaniment or alternative to seafood; roast or pan sear until juicy and golden; tear into small pieces, batter and deep fry Bang Bang-style

Cook in bouquets or trim to individual stems; excellent in stir fries or as last ingredient for soups; perfect for pickling for cheese boards