



Types of mushrooms



Mushrooms come in lots of different shapes, sizes, and colours. The ones that aren't toxic happen to be quite healthy and tasty too.

For many years they've been used for their unique ability to add flavour in lots of different cultures' cuisines.

Although they're actually fungi, mushrooms are lumped in the vegetable category for cooking purposes.

Mushrooms allow you to add extra taste without sodium or fat.

Poisonous mushrooms can be hard to identify in the wild, so you should always buy from a supermarket.

The most common types found in supermarkets are:



Chanterelle mushroom

Chanterelles range in colour from yellow, orange, and brown to pale white or black. They are prized for having a fruity sell.

The funnel-shaped caps have wrinkles instead of gills on the underside, which should be washed quickly but carefully before using. The chanterelle mushroom grows commonly in northern parts of Europe and North America and Mexico.



White mushrooms

The most common type, white mushrooms range in size from tiny—called button, which are harvested when young and have the mildest flavour—to jumbo, which can be stuffed and baked. Creamy white to pale tan, they have a firm texture and a delicate flavour. White mushrooms are grown all over the world



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Cremini mushroom

It's a moderately mature version of the white button mushroom, which is why it has a similar flavour. It's younger than the portobello, but still related. Enjoy the cremini mushrooms ; their slightly more mature state means that they have a browner colour, firmer texture, and better flavour



Portobello mushrooms

Up to 6 inches across, Portobello's have a big, steak-like taste and texture. In fact, the huge, umbrella-like caps are often eaten as vegetarian burger substitutes. Remove the woody stems before eating. The Portobello mushroom originated from Italy and gets its namesake from Portobello,



Shiitake mushrooms

With meaty tan to dark-brown umbrella-like caps, shiitakes have a distinctively smoky flavour and taste best when cooked. Available fresh or dried, they work well in stir-fries as the flavour doesn't fade next to ginger and garlic. The stems are too tough to eat and should be removed from the heads before cooking. Shiitake are native to Japan, China and Korea.



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Chestnut mushrooms

Also known as brown cap mushrooms, chestnut mushrooms have a strong taste and look like a darker version of the button mushroom. They have pink to dark brown gills. They are grown all over the world.



Oyster Mushroom

Velvety and trumpet-shaped, oyster mushrooms have delicate brown, grey, or reddish caps on grey-white stems. They have a peppery flavour that becomes very mild when cooked. Young, small specimens are considered the best. The Oyster mushroom, occurs throughout Britain and Ireland as well as in most parts of mainland Europe



Beech mushroom

Is an edible mushroom native to East Asia. In nature, shimeji are gilled mushrooms that grow on wood. Most often the mushroom is found on beech trees, hence the common name, Beech Mushroom. They are often small and thin in appearance and popular in many nations across the world.



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Porcini (Cep) mushrooms

The name porcini means “piglets” in Italian. They’re also known as the king bolete, cèpe (in French), Steinpilz (the “stone mushroom” in German), and a host of other names from all over the world. The Latin name is *Boletus edulis*.

Porcini mushrooms may grow a rather large cap, up to 12 inches in diameter. It’s usually brown or reddish-brown with a slightly sticky texture. The underside of the cap is made up of a spongy material with tiny tubes from which spores are released. They are grown throughout the northern hemisphere, but are particularly associated with Italy.

They each have a unique look and taste.

When choosing your mushrooms, make sure they feel firm, aren’t moist to the touch, and are mold-free. They can be stored in a paper bag inside the fridge for about five days. Brush the dirt off and rinse them lightly when you’re ready to use them.

