

Culinary Applications

Safety

- Cultivated mushrooms purchased from reputable sources can be considered safe.
- Residue of the growing medium should be brushed off of mushrooms, but because it is pasteurized it is free from potential pathogens.
- White and crimini mushrooms can be served raw or cooked.
- Portabella, shiitake and oyster mushrooms should be cooked, based more on palatability than safety.
- Enoki mushrooms are generally served raw or as a last minute garnish with items being served hot.
- Wild mushrooms should always be cooked.

Purchasing

- Whole and sliced mushrooms are generally available in 5 and 10-pound containers.
- Shiitake mushrooms are generally available in 3 and 5-pound containers.
- Oyster mushrooms are generally available in 3, 4 and 5-pound containers.
- Due to their delicate nature, Enoki mushrooms are packaged in 3 to 5-ounce vacuum-sealed bags and are generally sold by the case with 12 to 24 bags per case.
- For optimum shelf life, mushrooms should arrive between 34°F. and 38°F.
- Inspect mushrooms for crushing during shipping.
- Mushrooms should smell fresh and earthy. Mushrooms with soft spots or bruising should be rejected.
- Remember, open caps and exposed gills are not a sign of poor quality but of maturity.

Handling and Storage

- Immediately refrigerate both bulk and prepackaged mushrooms between 34°F. and 38°F.
- Optimum humidity for storage is 85 to 90%, which also helps maintain quality and shelf life.
- Store in original containers. Do not store in non-porous plastic bags, as non-porous plastic will accelerate mushroom deterioration.
- Do not store near pungent items as mushrooms may absorb strong odors.
- Do not stack heavy items on top of mushroom containers.
- Do not wash before storage.
- Keep refrigerated in original containers.
- White, crimini and oyster mushrooms remain fresh 5 to 7 days.
- Portabellas should hold 7 to 10 days.
- Enokis and shiitakes last for up to 14 days.

Preparation

- Wipe mushrooms gently with a damp cloth or soft brush to remove dirt, trim stems if dry.
- When ready to use, mushrooms may be gently rinsed in cool water and drained.
- Shake gently to remove excess water.
- Do not soak mushrooms because they readily absorb water which speeds up deterioration.
- There is no need to peel mushrooms. The only trimming they may need is the stem end, if it's dry, or the tough stem portion of Shiitakes, or the root of the Portabella.

