

MUSHROOM



PREPARATION

- Cultivated mushrooms don't need peeling – just wipe.

ADD FLAVOUR

- Mushrooms can add a delicious meaty flavour to meals and can be substituted for meat in stews and stir-fries.
- Sautéed in butter and garlic and served on grainy toast mushrooms make a delicious lunch or mid-afternoon snack.
- Mushrooms can be eaten raw and are a delicious addition to sandwiches and salads.

COOKING

- Mushrooms can be fried, grilled, baked, stir fried or microwaved.

VEGE UP

- Mushrooms are very versatile and will add flavour to many dishes.
- They can be used with meat, in soups, sauces, braises, stews, stir-fries, omelettes, pies, salads and on pizzas.
- Serve them raw with a dip or in salads.

STORAGE

- Refrigerate in a paper bag in the vegetable compartment.
- Mushrooms continue to grow after harvesting and they will respire or 'sweat' in plastic bags.
- Brown paper bags will absorb moisture and keep mushrooms fresher.