

How to Prepare Shiitake Mushrooms

- Freshness Matters
 - Choose Shiitake that are thick and fleshy with umbrella shape exposing the cream colored gills
 - Will keep up to 3 weeks without losing freshness, flavor, or nutrients
 - Store loosely covered in the refrigerator.
 - Do not remove stems until ready to use, they help keep them fresh
 - Can be frozen by sautéing or boiling first and cover with liquid
- Cleaning
 - Clean mushrooms with ready to use them
 - Not necessary to use water to clean, (they absorb water) (most are forest harvested will not have dirt only sawdust)
 - if needed, use a mushroom brush or
 - Wipe clean with a soft cloth
- Cooking
 - Smooth firm texture that keeps structure when cooked
 - Always cook Shiitake for better digestion
 - Stems are removed before cooking and can be prepared for stock
 - Cooking quickly at high heat can cause a rubbery texture
 - Sauté caps in olive oil at a low to medium heat for 7 – 10 minutes.
 - Can add broth to reduce the olive oil but may change the texture slightly
- Drying
 - Dehydrated mushrooms are readily available
 - Preserves indefinitely. Can start the drying process in sunlight for added vitamin D.
 - Store dried mushrooms in a glass jar
 - Re-constitute mushrooms by soaking in hot water for 20 min
 - Re-hydrated shiitake have a stronger flavor
 - Can use rehydrated mushrooms in place of fresh for any recipe