

GET TO KNOW YOUR *Mighty* MUSHROOMS

There are many readily available mushroom varieties, and each adds its own unique depth of flavour to a dish. Whether in a classic pasta sauce or as a hero in a dish, mushrooms are the perfect way to make cafe meals tastier and healthier.



BUTTONS

Have a firm, delicate texture and mild flavour that intensifies when cooked. Can be eaten raw or cooked and pair perfectly with rosemary, parmesan, garlic and butter. Try them tossed through a salad with balsamic vinaigrette.



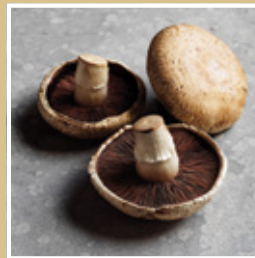
SWISS BROWN

Firm texture, holding their shape well when cooked. Deep, earthy flavour. Best eaten cooked, the Swiss Brown pairs perfectly with oregano, balsamic, cumin and chilli. Try marinated for an antipasto plate or diced into pasta, pilafs, risottos, casseroles and pie fillings.



CUPS

Firm texture with a more intense flavour and colour than button mushrooms. They can be eaten raw or cooked, and they pair perfectly with cream, pasta, marjoram and parsley. Try them sliced and sautéed in butter and served on toast.



FLATS & PORTOBELLOS

Intense, robust, almost 'meaty' flavour, with a dense texture. Best eaten cooked, Flats pair perfectly with garlic, thyme, goat's cheese and rocket. Try them grilled on the BBQ, or diced in soups and sauces.

HOW TO STORE, *Prepare* & COOK MUSHROOMS

STORAGE

If you're not using them straight away, store mushrooms in a cardboard box or brown paper bag in the bottom part of your fridge or coolroom for optimal freshness. Here they will last around 7 days.

PREPARATION

NO NEED TO WASH

Simply wipe them gently with a damp cloth. If necessary, use a soft brush to remove any soil from the skin surface and trim the stem.

LEAVE THE SKIN ON

There is no need to peel mushrooms - in fact, most of their goodness is in the skin!

COOKING

SAUTÉ IN AN UNCROWDED PAN

When sautéing mushrooms, do not overcrowd the pan. By doing this, the excess liquid in the mushrooms is able to evaporate and avoid steaming.

COOK ON HIGH HEAT

Cooking mushrooms on a medium or high heat will evaporate excess liquid and give your mushrooms a nice brown colour!

MAKE A GREAT STOCK

Mushrooms, or more specifically, their leftover stalks, are a great way to add depth to your stocks, while also minimising food waste. They add an earthy flavour and are a perfect alternative to their meat-based counterparts.

