

# Mushroom How-tos

## How to Select, Store, Sauté and More

Nutrient-dense and savory, mushrooms complement almost any everyday favorite meal. Follow these tips to be sure mushrooms taste as good as they should.



### How to Select:

- Purchase mushrooms that are firm with a fresh, smooth appearance
- Surfaces should be dry, but not dried out, and appear plump
- A closed veil under the cap indicates a delicate flavor, while an open veil and exposed gills mean a richer flavor

### How to Store:

- Mushrooms keep for up to a week in the refrigerator
- Keep mushrooms in original packaging until ready to use
- Once opened, store mushrooms in a porous paper bag for a prolonged shelf-life
- Avoid storing in airtight containers—they cause condensation, which quickens spoilage
- Fresh mushrooms should never be frozen, but frozen sautéed mushrooms will keep for up to one month

### How to Clean:

- Brush off any dirt with a damp paper towel or fingers
- Rinse fresh mushrooms only briefly under running water and pat dry with a paper towel. Never soak them, as they absorb moisture
- Trim the end of the stem before using



### How to Sauté:

Sautéing is an easy way to cook whole, sliced, chopped or halved mushrooms.

Follow these steps:

- Brush pan with oil or butter and heat on high
- Add a single layer of mushrooms; turn once when mushrooms become red-brown on one side
- Cook until other side turns the same color, remove from heat and season to taste

### How to Roast:

- Preheat oven to 450°
- Brush mushrooms with oil and place on a shallow baking pan in oven, stirring occasionally until brown, about 20 minutes
- Use about one tablespoon of oil for each eight ounces of mushrooms

### How to Microwave:

- Place eight ounces of thickly sliced mushrooms in a microwaveable bowl (no oil or butter needed)
- Cover and cook on high for two to three minutes, stirring once



### How to Grill or Broil:

Grilling or broiling is preferable for larger-capped mushrooms, like Portabellas and shiitakes.

- Lightly brush caps and stems with oil to keep them moist and season with salt and pepper
- Grill or broil 4 to 6 inches from heat source for 4 to 6 minutes on each side, brushing once or twice

Try brushing with your favorite dressing or sauce instead of oil.

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