

Food Writers New Zealand
HANDBOOK

fungi



FUNGI

Name	Also known as	
Shiitake mushrooms	Traditional mushroom shape usually with a dark brown cap, often with small speckles around the rim. Has a fresh earthy flavour and aroma. Widely used in Asian cooking for flavour and texture. Suitable for all styles of cooking. Soak dried shiitake in warm water until soft before using	
Oyster mushrooms	Phoenix tail	A soft grey to deep brown fan-shaped mushroom with a subtle seafood/ oyster flavour. Suitable to serve raw in salads or lightly cooked in a variety of dishes. Requires very little cooking so add at end of cooking. Does not discolour food with its juices
Enokitake	Winter mushrooms	Clusters of miniature mushrooms with long fine stems. Eaten raw in salads or used in soups in Japanese cooking
Honey comb fungus	Jelly fungus, White ear, Snow ear	Resembles a cream-coloured frilly sea sponge with a gelatinous texture and distinct but subtle honey aroma and flavour. Used in soups, braises, stews and sauces. Serve raw, gently steamed, or stir-fried and drizzled with a little sesame oil. Suitable for drying and rehydrating
Wood ear fungus	Brown velvety, almost leathery texture much like sea kelp, and grows in ear shapes. Used in Asian cooking for its texture and visual qualities. Usually sliced into thin strips and lightly cooked in soups, stir-fries, sauces, braises and stews	
White button mushrooms	Small snowy white button mushroom with tightly closed caps. Used raw in salads or in cooked dishes for a subtle mushroom flavour	
Brown button mushrooms	Original form of cultivated mushrooms, characterised by their velvety brown caps. More intense flavour than white buttons, with a firmer, 'meatier' texture. Suitable for any recipes using mushrooms. Can be marinated	
Brown button mushrooms	Portobello	Fully mature and open version of brown buttons. Can be baked, barbecued, pan-fried or grilled

Storage: Store mushrooms in clean, brown paper bags in the vegetable compartment in the refrigerator.

Our first handbook was produced in 1991, with the purpose of providing a reference tool that in turn would establish standards for New Zealand food writers. In 1999 the handbook was updated to reflect the growing needs of members.

Food Writers New Zealand is indebted to our hardworking, talented, innovative and active contributors who provided their specialist input for this latest edition.

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KATHY PATERSON, PRESIDENT, 2016

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