

## MOST COMMON MUSHROOM TYPES AND FOOD

### 1. White button mushroom

*Agaricus bisporus* is an edible mushroom which has two color states while immature – white and brown – both of which have various names. When mature, it is known as portobello mushroom.

White button mushroom is the immature and white variety. It's the most common and mildest-tasting from all the mushroom types.

90 percent of the mushrooms we eat are of this variety. Its flavor is mild, and that makes it more versatile. It can be eaten either raw or cooked and works well in soups, stews, salads, and on pizzas.



### 2. Crimini mushroom

Also known as: when immature and brown, *Agaricus bisporus* may be known as Cremino mushroom, Swiss brown mushroom, Roman brown mushroom, Italian brown mushroom, classic brown mushroom, or chestnut mushroom.

Criminis are young portobello mushrooms, also sold as baby portobellos, and they're just more mature white button mushrooms. Crimini and white button mushrooms are interchangeable. They are similar in shape, but may be slightly bigger in size and darker in color: crimini have a light shade of brown.



### 3. Portobello mushroom

Also known as: field mushroom, or open cap mushroom.

Mushrooms of this variety are as wide as the palm of your hand. Portobello mushrooms are dense in texture and have a rich taste. In Italy, they're used in sauces and pasta and make a great meat substitute. Also, if you want a bread bun-substitute, you can even use the mushroom's flat cap. They're perfect for grilling and stuffing.



### 4. Shiitake mushroom

Also known as: Shitake, black forest, black winter, brown oak, Chinese black, black mushroom, oriental black, forest mushroom, golden oak, Donko.

Shiitake are mushrooms that grow mainly in Japan, China, and Korea, which is one of the reasons they are so predominant in Asian cuisine. In Japanese, shiitake means 'oak fungus,' but these days most shiitakes are cultivated. They have a light woodsy flavor and aroma, while their dried counterparts are more intense. They are savory and meaty and can be used to top meat dishes and to enhance soups and sauces. Shiitake can be found both fresh and dried.



### 5. Oyster mushroom

Also known as: Pleurotus, tree oyster, angel's wings, pleurotte en huître, abalone mushroom.

Oyster mushrooms are a species of Pleurotus and they can be found in the wild, growing on the sides of trees. Nowadays they're some of the most commonly cultivated edible mushrooms in the world. The king trumpet mushroom is the largest species in the oyster mushroom genus.

They are simple to cook and offer a delicate and sweet flavor. They're used especially in a stir-fry or sauté because they are consistently thin, and so will cook more evenly than other mushrooms.



### 6. Enoki mushroom

Also known as: Enokitake, enokidake, futu mushroom, winter mushrooms, winter fungus, golden needle mushroom, or lily mushroom.

Enoki mushrooms are available fresh or canned. Experts recommend consuming fresh enoki specimens with firm, white, shiny caps, rather than those with slimy or brownish stalks that are best avoided. They're good raw and they're common in Asian cooking. Because they're crisp, they hold up well in soups and go well in salads, but you can also use them in other dishes.



### 7. Chanterelle mushroom

Also known as: Golden, yellow, chanterelle, egg mushroom, girolle, pfifferling  
Chanterelles are among the most popular species of wild mushrooms. They are orange, yellow or white, meaty and trumpet-shaped. Because they're difficult to cultivate, chanterelles are usually foraged in the wild. They're common in many European cuisines, including French and Austrian, and are also native to the United States.

Some species have a fruity odor, others a more woody, earthy fragrance, and still others can even be considered spicy. They are delicate in flavor and texture, work well fried or sautéed in butter, oil or cream. You can use them as a starter topping, on bruschetta or you can combine them with eggs. They also go well in soufflés, cream sauces, soups, or pasta.

There also are black trumpet mushrooms, also known as black chanterelle, horn of plenty, or trumpet of the dead. Black trumpets have a rich, smoky flavor and notes of a black truffle mushroom when dried.



### 8. Porcini mushroom

Also known as: Porcino mushroom, Cèpe, bolete, king bolete, borowik, Polish mushroom, Steinpilz, stensopp, or penny bun.

A meaty mushroom similar to the portobello, the porcini are mushroom types often used in Italian cuisine. Its flavor has been described as nutty and slightly meaty, with a smooth, creamy texture, and a distinctive aroma reminiscent of sourdough. Fresh porcini aren't as easy to find in the United States, but dried ones are easily reconstituted by soaking in hot water for at least 15 minutes before cooking with them. They're good sautéed with butter, ground into pasta, in soups, risottos, and in many other dishes. They are also one of the few mushroom species pickled and sold commercially.



### 9. Shimeji Mushroom

Also known as: Several species are sold as shimeji mushrooms, including buna-shimeji, and bunapi-shimeji.

Shimeji should always be cooked: it is not a good mushroom to serve raw due to a somewhat bitter taste. Its bitterness disappears completely when cooked, and the mushrooms turn slightly nutty in flavor. This is one of those mushroom types that works well in stir-fried dishes, in soups, stews, and sauces.



### 10. Morel Mushroom

Also known as: morchella.

Out of all the mushroom types, these distinctive fungi have a honeycomb appearance on their cap. Morels are prized by gourmet cooks, particularly in French cuisine, because they are super savory and delicious. Due to difficulties in cultivation, commercial harvesting of wild morels has become a multimillion-dollar industry in the temperate Northern Hemisphere, in particular in North America, Turkey, China, the Himalayas, India, and Pakistan, where these highly prized fungi are found in abundance.

One of the best and simplest ways to enjoy morels is by gently sautéing them in butter, then season them with salt and pepper. They are a little chewy and taste great. Serve them with meat and poultry, or add them to soups, or in pasta fillings.



## Collection some mushroom recipes

1. Kadai mushroom recipe – kadai mushroom is an easy and quick dish and yet delicious. Sauteed button mushrooms in a semi dry gravy of spiced and tangy tomato sauce along with bell peppers (capsicum).
2. Mushroom masala – easy and delicious curry recipe of Punjabi mushroom masala. again an easy recipe of white button mushrooms in an onion-tomato based medium spiced gravy.
3. Mushroom biryani – spicy and tasty vegetarian Chettinad biryani with mushrooms. The Chettinad biryani is spicy and that's the hallmark of Chettinad cuisine.
4. Mushroom soup – easy and quick one pot recipe for making cream of mushroom soup. a creamy smooth soup comforting in the winters..
5. Mushroom fry – a delectable mushroom recipe from goa. Mushrooms sauted with soft succulent onions with a hint of warmth from the chilies and spices.
6. Mushroom manchurian – spicy and tasty Indo Chinese recipe of dry mushroom manchurian.
7. Chilli mushroom – a quick Indo Chinese recipe for making spicy and delicious chilli mushroom.
8. Mushroom fried rice recipe – delicious Indo Chinese recipe of fried rice with mushrooms. Easy to cook and too good to taste. Mushroom fried rice recipe is simple.
8. Mushroom pulao recipe – mild, flavorful mushroom pulao recipe with coconut milk from the Goan cuisine. quick, easy and tasty mushroom pulao recipe made in pressure cooker.
9. Matar mushroom recipe – a semi dry delicious vegetable dish made with peas and mushroom. This recipe is more North Indian style and also home style.
10. Mushroom matar recipe – mushroom and peas in a creamy makhani sauce/gravy.
11. Aloo mushroom recipe – this potato mushroom curry is spiced with a tang coming from the tomatoes and a mild sweetness, creaminess coming from the cashews and onions.
12. Mushroom butter masala – one of the much loved makhani or butter masala gravy dish made with mushrooms.
13. Mushroom kurma recipe – delicious South Indian style mushroom korma made with a coconut-cashew base and Indian spices-herbs. one pot recipe
14. Palak mushroom – a healthy and delicious curry recipe made with spinach and mushrooms.
15. Methi mushroom recipe – a delicious curried dish made with button mushrooms and methi (fenugreek leaves).
16. Mushroom tikka masala – restaurant style mushroom tikka masala gravy recipe. Mushroom tikka can be made both in the oven and on stove top.
17. Mushroom paneer – this paneer mushroom curry is a restaurant style recipe with a super delicious taste. The gravy is creamy, slightly tangy and mildly sweet with tender mushrooms and soft paneer in it.
18. 10. Mushroom manchurian gravy recipe – a popular spicy, sweet and sour Indo Chinese recipe with mushrooms with sauce or gravy.
19. 11. Mushroom peas curry recipe – a rich and delicious recipe of South Indian mushroom and green peas curry. The curry is full on with flavors of coconut & cashews along with the flavors of mushrooms and peas.
20. 12. Mushroom vindaloo recipe – spicy and hot recipe of mushroom vindaloo from portuguese Goan cuisine. Vindaloo is best had with plain boiled rice or the Goan bread/pav.
21. 13. Chinese style garlic mushroom – medium spicy sauce based dish made with white button mushrooms, garlic and spices.
22. 14. Mushroom caldin recipe – this is a vegetarian as well as vegan version of the popular Goan bright yellow curry generally made with fish. This curry is not spicy and can even be made for kids.
23. Chilli mushroom – easy to prepare spicy and tasty Indian Chinese recipe of chilli mushrooms. This dry chilli mushroom recipe is pretty simple to make and goes well as starter snack or brunch.
24. Tawa mushroom recipe – a delicious recipe of tawa mushroom masala where button mushrooms are cooked in a spiced onion-tomato based gravy.
25. Mushroom do pyaza recipe – button mushrooms cooked in semi dry gravy of double the amount of onions.
26. Dhingra dolma recipe – mildly spiced, delicious mushroom paneer curry recipe from the Awadhi cuisine. It's a really good dish of mushroom and paneer in a lightly spiced onion-tomato base.
27. Mushroom pepper fry recipe – spicy mushroom and capsicum pepper fry.

28. 6. mushroom roast recipe – this is a quick recipe that can be made with just mushrooms and a few Indian spice blends or masala. There is no chopping of any other veggie for this recipe, except the mushrooms.
29. Mushroom sabzi recipe – a simple and delicious Goan style mushroom masala recipe made with fresh coconut and spices paste.
30. Butter mushroom recipe – quick, easy and a yum recipe of white button mushrooms sauteed with butter, garlic and herbs. Less ingredients but packed with full flavor.
31. Mushroom fry recipe – easy and a quick method to prepare an Indian style mushroom stir fry.
32. 3. Mushroom pulao in pressure cooker – easy and delicious recipe of mushroom pulao made in pressure cooker.
33. 4. Mushroom rice recipe – an easy and quick recipe of mushroom rice made in european style. it is not an elaborate or complicated recipe.
34. 6. Mushroom dum biryani recipe – the mushroom biryani is made in the traditional way of cooking on dum.
35. Mushroom puff recipe – Indian style mushroom puff or mushroom patties recipe.
36. Mushroom sandwich recipe – an easy sandwich recipe made with sauteed mushrooms.
37. Mushroom tikka recipe – this is a very easy recipe. You just need to marinate the mushrooms and then grill or bake the mushrooms in the oven.
38. Hot and sour soup – spicy, sour and hot soup made with mixed vegetables. An Indo Chinese step by step recipe which can be easily doubled or tripled.
39. Mushroom 65 recipes – crispy and tasty mushroom 65 is a delicious starter snack that can be served with any Indian main course. i have also few more vegetarian 65 recipes like:
40. Tofu soup – a soothing, warming and healing Thai veg soup to beat the chill in winters.
41. Mushroom cutlet – delicious cutlets made with mushrooms, mashed potatoes and spices. Now this is a really good recipe of a vegetarian mushroom cutlet.
42. Clear mushroom soup – an easy recipe of Chinese style mushroom soup. This is a clear soup recipe. I have not used any veg stock in the recipe and cooked the mushrooms in water.
43. Mushroom noodles – a quick and tasty recipe of stir fried mushroom noodles. This mushroom noodles recipe is simple and easy to make like most noodle recipes.
44. Tom yum soup recipe – this delicious tom yum soup is a spicy and sour soup recipe from the Thai cuisine.
45. Manchow soup – spicy and hot soup made from mixed vegetables. An Indo Chinese step by step recipe.
46. Vegetable soup – light and nutritious clear soup made with mixed vegetables.