

Lesson 7: Resource 2

Stages of the SAME mushroom



Button or champignon mushroom:

This is a young mushroom which has only been growing for **3 days**, before it was harvested.

DESCRIPTION:

The mushroom cap very round, like more a ball and is about the size of a 10c piece. It is very white with the veil still in place. Inside the mushroom, the gills will be pink.

TASTE:

Buttons are very firm and are usually cooked whole. They have a very mild flavour.

Cups:

The mushroom has been growing for **4 days**. This is the most common mushroom purchased in supermarkets.

DESCRIPTION:

The cap is now the size of a 50c piece. The veil has opened, revealing the gills.

TASTE:

Cups are usually sliced before cooking. The umami flavour has developed.

'Flat' Mushrooms:

The mushroom has now been growing for **5 days** and has grown to full size.

DESCRIPTION:

The mushroom cap is now much flatter on the top and is around 15cm wide. The gills are completely exposed.

TASTE:

The flavour of portobello mushrooms has matured. The umami flavour is at its peak and is very earthy. Portobello mushrooms are often cooked as a whole on the BBQ, or roasted upside down in the oven, filled with ingredients. If you slice and cook with portobello mushrooms, their dark colour can run into other foods like rice or pasta.

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Swiss Brown:

This is a young mushroom which has only been growing for **3 days**, before it was harvested. Similar to the button mushroom, except it has a brown cap.

DESCRIPTION:

The mushroom cap very round, like more a ball and is about the size of a 10c piece. The veil still in place.

TASTE:

Although similar to a white button, the Swiss Brown mushroom has much more flavour and is firmer. They are most popular to use in stews and casseroles, as they hold their shape in slow cooking.

Portobello:

This is the same mushroom as the swiss brown, which has been left to grow for **5 days** before it was harvested.

DESCRIPTION:

The mushroom cap now much flatter on top and is around 15cm wide. The gills are completely exposed. This is similar to a field mushroom, but the cap is brown.

TASTE:

Portobello mushrooms have the most umami flavour of all of the mushrooms. Portobello mushrooms can be brushed with oil and grilled or BBQ'd, or if you remove the stalk, you can place them cap side down and fill the mushroom with delicious ingredients and pop them in the oven