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### Did you Know...

Shiitake mushrooms were not grown in the United States until 1972, when a ban on importing live shiitake cultures was lifted.

## EAT WELL, AGE WELL. Shiitake Mushrooms

Shiitake (pronounced shee-ta-kay) mushrooms have large umbrella-shaped caps that are dark brown. If you've eaten button or portobello mushrooms, you'll find shiitakes taste savory and almost meat-like. They are popular in stir-fries, risotto, soups, and other recipes. Shiitake mushrooms are cholesterol-free, fat-free, a good source of fiber, and low in sodium. They may help boost your immune system and lower cholesterol. They also have anti-inflammatory properties and are high in antioxidants.

- Where to Purchase: Most large grocery stores or Asian markets will carry them. Look for thick caps that curl downward slightly. Avoid mushrooms that look slimy or dried out.
- Washing: Avoid submerging them in water as they'll absorb it and become spongy. Instead, wipe the caps off with a damp paper towel and give them a brief rinse under cool running water. Shake or spin them dry to remove excess moisture afterward.
- Storage: They often come on a tray with plastic wrap. They should be removed from this packaging and stored in a paper bag as soon as you get home. Wrapping your shiitake mushrooms in a paper towel will also help absorb some excess moisture and make them last longer. Fresh shiitake mushrooms stored in a paper bag should last for about a week in the refrigerator.

Learn more about shiitake and other mushrooms at: [grocycle.com](https://www.grocycle.com)

## 3 Methods to Prepare Shiitake Mushrooms

*They make a delicious side with eggs for breakfast or add them to your mashed potatoes, rice, soup, or a topper to any sandwich or salad.*

### Baking Shiitake Mushrooms

**Step 1:** Preheat your oven to 350 F. Spread out a sheet of aluminum foil and place shiitake mushrooms in the center. You'll want to leave enough room on the edges to fold it into an enclosed package.

**Step 2:** Before you fold up your foil, add a few tablespoons of olive oil on top of your mushrooms. You can either cook your shiitake mushrooms by themselves or add other ingredients like a piece of fish or some sliced vegetables like onions or whatever you have on hand.

**Step 3:** Once you're ready to fold your foil, bring all four corners together and pinch them together to create a sealed package.

**Step 4:** Then place in the oven for 15 minutes. If you've added other ingredients to your mushrooms, you may need to extend the time but check on your mushrooms every couple of minutes to prevent burning.

**Step 5:** After your foil pouch has cooked, open it carefully. It will be full of hot steam. Keep your hands out of the way when you open it and avoid leaning directly over top of it.

### Sautéing Shiitake Mushrooms

**Step 1:** Heat two tablespoons of olive oil over medium-high heat.

**Step 2:** Once your oil is fully heated, add your mushrooms to the pan and toss them to coat them in oil on all sides. Spread them out so that they're only a single layer thick. If you're cooking a lot of mushrooms, you may need to cook multiple batches. If you add too many mushrooms to the pan at once, they'll release too much water and become soggy.

**Step 3:** Sauté your mushrooms for about 10 minutes. Be sure to stir them occasionally so they cook evenly. You'll know they're done when they turn a golden-brown color.

### Stir-Frying Shiitake Mushrooms

**Step 1:** Heat a wok on high until it just begins to smoke.

**Step 2:** Add a couple of tablespoons of your favorite vegetable oil. You can also add thinly sliced ginger, garlic, and onions at this stage.

**Step 3:** Cook for about 30 seconds and then add your sliced shiitake mushrooms to the wok. It will only take one or two minutes to cook your shiitakes to a golden-brown color.

**Just google "Shiitake Mushroom Recipes" and try some new creations!**