

# Mushrooms



<b>NUTRITION:</b>	Mushrooms are low in calories and a good source of potassium. One cup of raw sliced mushrooms contains only 20 calories.
<b>HOW TO SELECT:</b>	Look for young mushrooms that are small to medium in size. Caps should be either closed around the stem or moderately open with pink or light tan gills. The surface of the cap should be white, creamy, or light brown. Overripe mushrooms with dark discolored gills and caps are more flavorful for extra mushroom flavor, but they will spoil rather quickly.
<b>STORAGE:</b>	The best container for fresh mushrooms whether inside or outside a refrigerator is a paper bag. This allows moisture to escape and fresh air to circulate. Don't use a plastic bag as it seals moisture out, as well as sealing it in. The trapped air creates moisture which is soaked up by the mushrooms, so they become mushy.
<b>PREPARATION TIP:</b>	To prepare, brush or wipe with a cloth. If they must be washed, dry thoroughly. To keep them light in color, sprinkle with lemon juice.
<b>DRYING:</b>	<p><u>Preparation:</u></p> <ul style="list-style-type: none"><li>• Slice off woody stems.</li><li>• Slice, or dry whole if small.</li></ul> <p><u>Drying Procedure:</u></p> <ul style="list-style-type: none"><li>• No pretreatment is necessary.</li><li>• Spread mushrooms in a thin layer on trays, no more than 1/2 inch deep.</li><li>• Dry at 120 degrees F until mushrooms feel crisp and brittle.</li></ul> <p>To reconstitute dried mushrooms, soak from 1/2 to 4 hours in warm water. Drain. 3 ounces dried mushrooms equals 1 pound fresh mushrooms.</p>
<b>FREEZING:</b>	<p>Wash and remove stems. Freeze small mushrooms whole; cut large ones into 4 or more pieces. When blanching, add 1 teaspoon citric acid (or teaspoon lemon juice or 1/2 teaspoon ascorbic acid) per quart of water to prevent darkening. Blanch medium or small whole mushrooms 5 minutes, blanch cut pieces 3 minutes. Cool.</p> <p><b><u>OR</u></b></p> <p>Slice mushrooms 1/4 inch thick and saute in butter until almost done. Cool by setting pan in cold water. Place in plastic freezer containers or freezer bags and squeeze out as much air as possible, then seal. Label and date packages, then freeze.</p>
<b>CANNING:</b>	<p><b><u>PRESSURE CAN</u></b></p> <p>Trim stems and discolored parts of mushrooms. Soak mushrooms in cold water for 10 minutes to remove adhering soil. Wash in clean water. Leave small mushrooms whole; cut larger ones in halves or quarters. Cover with water and boil for 5 minutes in a saucepan.</p>

**PICKLING:**

**In Glass Jars**—pack hot mushrooms to 1 inch of top. Add salt if desired. For better color, add crystalline ascorbic acid—1/16 teaspoon to half-pints; 1/8 teaspoon to pints. Add boiling water to cover mushrooms, leaving 1 inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure for weighted gauge or 11 pounds pressure for dial gauge. Process half-pint and pint jars for 45 minutes. **DO NOT CAN IN QUART JARS.**

**WATER BATH CAN**

**MARINATED WHOLE MUSHROOMS**

7 pounds small button mushrooms	1/2 cup bottled lemon juice
1 Tbsp salt	2-1/2 cups white vinegar (5%)
1 Tbsp oregano leaves	1 Tbsp dried basil leaves
2 cups olive oil	1/2 cup finely chopped onion
1/4 cup diced pimento	2 cloves garlic, cut in quarters
25 black peppercorns	

Select very fresh unopened mushrooms with caps less than 1-1/4 inch in diameter. Wash. Cut stem, leaving 1/4 inch attached to cap. Add lemon juice and water to cover; bring to boil. Simmer 5 minutes. Drain mushrooms. Mix olive oil, vinegar, oregano, basil, and salt in a saucepan. Stir in onion and pimento and heat to boiling. Place 1/4 garlic clove and 2-3 peppercorns in each clean half-pint jar and alternately fill with mushrooms and hot, well-mixed oil/vinegar solution, leaving 1/2 inch headspace. Adjust lids and process half-pints in boiling water bath for 20 minutes. **DO NOT CAN IN LARGER JARS.**

NOTE: Do not can wild mushrooms.

For more information call WSU Skagit County Extension:

360-428-4270

Or visit:

<http://skagit.wsu.edu/FAM/MFP.htm>

**HANDOUT DEVELOPED BY: WSU Master Food Preservers  
Under the direction of  
Joanne Austin, Skagit County Extension Faculty  
WSU Skagit County Extension**