

# Mushroom Tips & Tricks



## How to Store Mushrooms

- **Keep Mushrooms Dry:**  
Mushrooms have a porous texture, meaning they soak up water like a sponge. Because of this, mushrooms need to be kept dry to stay firm and fresh.
- **Don't wash mushrooms before storing them:**  
Washing mushrooms before storing them will shorten their shelf life, as they absorb water easily, which can cause them to become slimy more quickly.
- **Store mushrooms in the refrigerator:**  
Keep mushrooms in the refrigerator at a temperature between 2-7 degrees Celsius.
- **Breathable Packaging:**  
Leave the mushrooms in the original packaging or store them in a breathable container to prevent condensation. A paper bag is also an excellent choice, allowing airflow while minimizing moisture.
- **Ventilation Holes:**  
Do not store the mushrooms in a sealed plastic bag or container.

## How to Prepare Mushrooms

- **With a brush or paper towel:**  
The best way to clean mushrooms is with a brush. Gently brush off any dirt from the mushrooms. You can also use a paper towel to remove dirt from the mushrooms by wiping it away.
- **Rinse under water:**  
We understand that when cooking in large quantities, using a brush for each mushroom can be time-consuming. In this case, you can quickly rinse the mushrooms under cold water in a colander and then pat them dry with a towel. This helps minimize water absorption. Do not soak mushrooms in water.
- **Do not slice the mushrooms too thinly:**  
Mushrooms significantly shrink in size when cooked or baked. Avoid slicing them too thinly. We recommend cutting your mushrooms into 1.25 cm slices to preserve their flavor and texture. Alternatively, you can also cut them into wedges, which will result in less shrinkage.



## How to Freeze Mushrooms

### - **Freeze mushrooms**

Here are the basic steps for freezing mushrooms:

1. **Cut or slice:** Small mushrooms can be kept whole, but most other mushrooms should be cut. Cut white button or Swiss brown mushrooms into slices or quarters.
2. **Cook:** Steam or sauté the mushrooms for 3 to 5 minutes.
3. **Flash freeze:** After the cooked mushrooms cool, transfer them to a lined baking sheet. Spread them out in a single layer. Place the baking sheet in the freezer, somewhere it won't get bumped. Freeze for 1 to 2 hours until frozen solid.
4. **Transfer to freezer-safe bags:** Store in the freezer for up to 6 months.

### - **Freeze mushrooms without cooking:**

You can freeze mushrooms raw and skip the steaming or sautéing step. However, frozen raw mushrooms tend to become very mushy when cooked since they absorb a lot of water. If you are using them in hot dishes like blended soups or casseroles where their texture doesn't matter, then you can freeze them raw without concern. Otherwise, it's better to cook them slightly before freezing.

## How to Use Mushrooms

### - **Recipes**

For some delicious recipes and ideas on how to use Mercer Mushrooms, head to the Mercer Mushrooms website at: [www.mercermushrooms.co.nz](http://www.mercermushrooms.co.nz)

