What flavors go well with Mushrooms?

- Truffles
- Asian
- Russian
- Swedish
- Central American/Mexican

- Wine pairings
- Fruit and Sweets
Flavors that Complement Mushrooms


Popular Flavor Combinations: Mushrooms + Garlic + lemon + Olive Oil
Mushrooms + Garlic + Parsley
Mushrooms + Garlic + Shallots

**Specific (and some unusual) Affinities:**

Chanterelles + Garlic + butter + cream + parsley
Chanterelles + Garlic + cream + thyme

Caraway seeds bring out the flavor of Morels
Morels + Asparagus + ramps
Morels + garlic + lemon + olive oil + parsley

Shiitake + basil + onions

Portabellas + mint + lemon + olive oil

Porcini + carrots + sage
Porcini + Coffee + Veal

**Source:**

The Flavor Bible: The Essential Guide to Culinary Creativity, Based on the Wisdom of America’s Most Creative Chefs

Karen Page and Andrew Dornenburg 2008

http://www.karenandandrew.com/
Truffles

Found in French, Greek, Georgia, Italian, Middle Eastern and Spanish cooking.

**White Truffles:** Northern Italy, Croatia, Slovenia, France
symbiotic with oak, hazel, poplar and beech trees

**Black (Perigold) Truffle:** France,

**Summer/Burgundy Truffle:** Across Europe

**Garlic Truffle:** Pacific Northwest, “Oregon White Truffle”

“Pecan Truffle” : Southern U.S.
Truffle Cheeses

**Truffle Tremor**
Goat Milk, Aracata, CA
Cypress Grove Chevre
with Italian truffles
(earthy & elegant, amazing melted)
Pairing: Dolcetto, Albarino, Pinot Grigio, Champagne, Asti Spumanti wines

**Boschetto**
Florence, Italy
Sheep+Cow Milk with rare white truffles (delightfully sweet)
Pairing: Borolo, Tempranillo, Pinot Grigio, Riesling wines
Truffle Cheeses

**Memoire**
Holland Cow Milk
creamy, smooth gouda
sprinkled with truffles
(make exotic sandwiches or toast topping)
Pairing: Burgundy wine

**Moliterno**
Basilicata, Italy
Sheep Milk, unpasteurized
veined with truffles
rubbed with olive oil
(try with hot pepper jam)
Pairing: Amontillado sherry, Barbera or Aglianico del Vulture wines
Truffle Food Items

Truffle Almonds
Spain
Fried Marcona almonds
With Italian truffle salt (flavorful, earthy, addictive)

Truffle Mousse Pate
Fabrique Delice, Inc.
delightfully smooth chicken liver pate with delectable truffles, porcini & sherry

Truffle Spread
Umbria, Italy
Ideal with pecorinos, in pasta, or risotto

All these Truffle cheeses and food items were purchased from Venissimo, a cheese shop with 4 locations in the San Diego area

www.venissimo.com
Truffle Food Items

Black Truffle Oil
Urbani Tartufi, Italy
Truffle-infused olive oil
(intense, earthy, enhances any dish)

Other applications:
- Shaved on Pasta, salads, eggs
- in Stuffing
- Truffle Vodka

Black Truffle Salami
Angel’s of Encinitas
Cured & cage-free
rich & meaty pork
studded with truffles
Asian Mushrooms (1)

Buna-shimeji  Bunapi-shimeji

Enoki  Shiitake  King oyster
Asian Mushrooms (2)

Straw Mushrooms

Maitake

Matsutake

Hiratake (Oyster)
Wood Ear mushrooms
*Auricularia auricula-judae*

**Hot and Sour Soup**

http://allrecipes.com/Recipe/Chinese-Spicy-Hot-And-Sour-Soup/

**Mushroom Potstickers**

http://www.myrecipes.com/recipe/mushroom-potstickers

**Moo Shoo Pork**

http://www.myrecipes.com/recipe/moo-shu-pork-with-mandarin-pancakes

**Medicinal Uses**

- In soup for colds/throat problems
- Poultice for eye inflammation
Mushroom & Asian Green Stir-fry

**Stir-Fried Mushroom w/Oyster Sauce**
http://chinesefood.about.com/od/vegetablerecipes/r/blackmushrooms.htm

**Guide to Asian Greens**
http://www.thekitchn.com/know-your-asian-greens-98840

**Japanese Mushroom Recipe Collection**
http://steamykitchen.com/3019-japanese-mushrooms.html

**Sui Mai Dumplings**
http://chinesefood.about.com/od/dimsumdumplings/r/shumaidumplings.htm

**Thai style Stir Fry w/Chicken**

**Enoki mushroom Pancakes (Korean)**

**Malaysian Mushroom & Fish Curry**
Russian Mushrooms
Russian Superbowl Snack

Wild mushroom soup with potatoes and barley


Mushrooms in Sour Cream

http://livelaughrowe.com/russian-dish-mushroom-julienne/

Russian Rabbit Mushroom Pie

http://katieatthekitchendoor.com/2013/10/16/back-to-russia-russian-mushroom-and-rabbit-pie/

Pickled Honey Mushrooms

Pickled Russian mushrooms can be found locally at the Continent European/Russian Delicatessen @ 4150 Regents Park Row (cross street La Jolla Village Drive) in the UTC area.

http://geniuscook.com/recipe-pickled-honey-mushrooms/
Swedish Mushrooms

Penny Bun  
*Boletus edulus*

Golden chanterelle  
*Cantharellus cibarius*

Morels

Swedish Mushroom Pate

Swedish Meatballs with Shiitake Mushrooms

Mushroom Tart

http://allrecipes.com/Recipe/Swedish-Chanterelle-Mushroom-Pate/


http://www.myrecipes.com/recipe/swedish-meatballs-with-shiitake-mushrooms
Cape Russula
Bay Boletus
Pine Ring
Porcini
White Parasol
Wood Blewit

South African Mushroom Recipes

Barley & Brown Mushroom Pilau

http://www.ilovecooking.co.za/recipes/38/528/vegetables,sidedishes_meatless_38/
Barley,Brown,Mushroom,Pilau

Chicken and Mushroom Pie (w/Indian spices)

http://www.indiandelights.co.za/chicken-and-mushroom-pie-recipe/

Okra Soup w/ Black Fungus

Mexican/Central American Mushrooms

Mushroom Empanadas


Arepas with Portobello Mushrooms

http://southamericanfood.about.com/od/healthyeating/r/Arepas-With-Portobello-Mushrooms-Grilled-Portobello-Mushroom-Sandwich.htm

Mushroom Ceviche

http://southamericanfood.about.com/od/healthyeating/r/Mushroom-Ceviche-Cebiche-de-Champinones.htm

Mexican Mussels with Sausage, Mushrooms, and Chiles

http://www.myrecipes.com/recipe/mussels-sausage-mushrooms-chiles

Huitlacoche Quesadilla

Huitlacoche

http://en.wikipedia.org/wiki/Corn_smut

... with Rice

Khoresht Gharch
Persian Mushroom Stew
With Chicken and Saffron Rice


Risotto with porcini mushrooms and scallops


Mushroom Rice balls
With Sour Cream Dill sauce

www.russianseason.net/index.php/201
Wine and Mushroom Pairing

Earthly mushrooms with Earthy Wines
Black Trumpets, Chanterelles and Shiitakes with Pinot Noir, Burgundy, Nebbiolo and Pinot Noir

Meaty mushrooms (e.g. Crimini, Morels, Porcini, and Portobello) with Meaty Wines: Pinot Noir, Sangiovese, Pinot Gris and Syrah/Shiraz

Sparkling wines for Mushrooms: Blanc de noirs champagne

For milder mushrooms in butter or cream sauce,
Full-bodied white wines, e.g. Chardonnay
Or for Sparkling wines, a Blanc de Blancs

http://www.winedin.com/Mushroom

http://www.karenandandrew.com/
Mushrooms with Fruit and Sweets

Wild Mushroom and Apple Tartlets

Mushroom + Blueberry

Mushroom + Apricot

Vosges Chocolate Hazelnut Ganache with Reishi mushrooms