



Black forest mushroom, 香菇 (xiāng gū, Mandarin), શિતકે માસરૂમા (Śitākē maśarūma, Gujarati), likaha shiitake (Somali), Uyoga wa Shiitake (Swahili)



Shiitake Mushrooms

a taste of Asia on the Floridian table

The shiitake mushroom is native to East Asia, and they have been cultivated for food and medicine for almost one thousand years. The flavorful mushroom is included in a variety of different cuisines throughout Asia in stir fries, soups, rice dishes, and more. Shiitake mushrooms did not receive significant attention in the United States until the mid-twentieth century, but today they are the most popular gourmet mushroom in North America where they are used as a more flavorful and nutritious alternative to white mushrooms. In Florida, an increasing number of home gardeners are growing shiitake mushrooms on hardwood logs and wood-shavings.

To learn more about Florida's culinary history, visit floridaheritagefoods.com

Farmer picks mushrooms in a greenhouse



SHIITAKE MUSHROOMS AL AJILLO

25
MINUTES
TOTAL

4
TOTAL
SERVINGS

INGREDIENTS

- | | |
|---|-------------------------------|
| 2 1/2 pounds button mushrooms | Salt and pepper to taste |
| 5 ounces olive oil or butter (10 tablespoons) | 3 tablespoons chopped parsley |
| 3 garlic cloves, minced | 1/4 cup chablis |

DIRECTIONS

1. Wash mushroom and dry well.
2. Heat olive oil or butter in a frying pan, sauté garlic for 1 minute, and then add mushrooms.
3. Add salt, pepper and parsley.
4. Cook for approximately 5 minutes, then add white wine.
5. Stir occasionally.
6. Cover and cook for another 5 minutes until mushrooms are tender.

Recipe adapted from Gonzalez-Hastings, Josefa. Habana Café Cookbook p. 13

For more Florida heritage recipes, visit floridaheritagefoods.com



FACTS

The oldest book on shiitake cultivation dates to 1796 in Japan by Satō Chūryō. The ancient Japanese technique inoculates Shii tree logs with mushroom spores by placing them in areas where the mushrooms were already growing. The Shii tree is where the shiitake gets its name. In Japanese cuisine shiitake are added to miso soup, simmered in ramen bowls called *nimono* and to mushroom-rice dishes called *takikomi gohan*.

Shiitake mushrooms are rich in vitamins C, A, B12, D, B2; iron, calcium, copper, selenium, zinc, and manganese.

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