



# FOREST MUSHROOMS

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INC.

ST. JOSEPH, MN

*Growers & Distributors of Specialty Mushrooms since 1985*



## **Portabella Mushrooms**

are the most popular of all the cultivated specialty mushrooms.

The portabella is closely related to the white button mushroom; the texture of a portabella is similar to a white mushroom, but the flavor

is far more intense. This is due in part to the fact that the mushroom has been allowed to grow larger, so that the cap opens and the spores contained in the gills of the cap are fully developed, which contributes to the intense, delicious flavor of the portabella. Portabellas are perhaps best known as a perfect mushroom for grilling whole, and are very popular during the summer grilling season. A simple marinade or balsamic vinegar may be drizzled into the gills and left to soak into the upturned portabella cap to accent the natural flavor of the mushroom. The grilled portabella caps can be served as an appetizer, a side dish, or even used to make a vegetarian “portabella burger” sandwich. They can also be sliced and served in strips instead of chicken strips on a portabella ceasar salad. Portabellas can also be sliced raw and then sauteed or stir fried with other vegetables and/or meats, and are also a great addition to pizza and pasta dishes.