

A GUIDE TO

Exotic Mushrooms

2026

Mushroom Varieties

Cultivated since ancient times, mushrooms are staples of the culinary world and can be found in everything from soups and sauces to pizzas and casseroles. However, did you know there are dozens of mushroom varieties, many of which are available everyday at Nino's? This guide introduces you to some of the more exotic and unusual varieties of mushrooms available that can add a special taste to your next dish.



1 | Portobello Mushrooms

Impressive in size and appearance, the Portabella mushroom is a larger, hardier relative of the White and Crimini. Serve whole or sliced, grilled, baked, or deep fried. Excellent stuffed as an appetizer, side dish or entree. Add to stir-frys, sautés and sauces. A great substitute for meat in a sandwich or as a meat alternative in a vegetarian entree.



2 | Oyster Mushrooms

Oyster mushrooms comprise a long list of different species and are available in an amazing array of colors and sizes. Substitute for or in combination with cooked white mushrooms. Delicate flavor is excellent in chicken, veal, pork and seafood dishes. Sautéing with butter and onions brings out full flavor. Add to soups and sauces.



3 | Chanterelle Mushrooms

Yellow to orange in color with a fruity apricot flavored aroma. Gives an elegant color to sauces and the overall appearance of a dish. Chanterelles naturally go well with chicken, rabbit, veal, cornish hen, quail, and pheasant - whether used as a stuffing, a sauce component, or side dish. They are also wonderful with cream, starches, and grains or can be sautéed in olive oil for a warm composed salad.



4 | Morel Mushrooms

One to four inches long, dusty gray to brown or gold. Intense earthy flavor, must be thoroughly One to four inches long, dusty gray to brown or gold. Intense earthy flavor, must be thoroughly and large sizes are standard for French cuisine. Jumbos may be stuffed with sausage or crab meat for a unique and delicious appetizer.



5 | Shiitake Mushrooms

The Shiitake has a classic mushroom shape with open white gills. It has a meaty and earthy smoky taste and its texture is firm and slightly chewy. Shiitakes are best if cooked and adapt well to most cooking techniques. They add a meaty flavor and texture to stir-fry's, pastas, soups, entrees and side dishes.



6 | Enoki Mushrooms

Enoki are tender, white mushrooms with long stems and small caps and a sweet, mild taste. They are usually sold in clusters just as they are pulled from the bottles they are traditionally grown in. Use raw in salads and sandwiches. Use as a garnish for soups and salads.



7 | Porcini Mushrooms

A rich meaty flavored mushroom that has a large, round cap that is pale yellowish brown to dark reddish brown in color and grows 2 to 8 inches in width. They grow on the ground under conifers and hardwood trees in the North American woods. The cap and stem have a firm, thick, white flesh with a distinctive and assertive flavor and is excellent. Also known as cepes and stone mushrooms.



8 | Crimini Mushrooms

Criminis are tan to brown in color with a firm, buttery texture and a flavor similar to white button mushrooms but more intense. Substitute for, or use in combination with, any recipe calling for White mushrooms. Hearty, full-bodied taste makes an excellent addition to beef, wild game and vegetable dishes.

How to Reconstitute Dried Mushrooms

- 1 PREPARATION:** All year, the fruits of the mushroom hunting season can be enjoyed through the ancient technique of drying. If prepared properly, the flavor of dried mushrooms can be more intense and aromatic than fresh, "transforming the everyday into gourmet".
- 2 RECONSTITUTING:** Simply soak as many mushrooms as you would like to cook in warm, lightly salted, or sugared water for 20 to 30 minutes. Often, dried mushrooms are soaked in wine diluted with water (about 10:1). The water can be reserved for sauces and gravies, in particular, for game dishes. Once softened, the mushrooms may be sliced, chopped or left whole, according to the recipe. Reconstituted mushrooms should be added at the beginning of cooking, so that their concentrated flavors permeate the entire dish.
- 3 STORAGE:** It is not necessary to refrigerate dried mushrooms. They will last up to one year if stored correctly, placed in an airtight container in a cool dry place. When frozen, their shelf life is greatly extended, and they will last well over a year.