



The button mushroom

It is the mushroom consumed the most, cultivated in several regions of the world: the American continent, in Australia, New Zealand and all over Europe. It also known as the 'sleeping mushroom'.

It was under Louis 14th that the mushroom culture developed, made intensive by the architect-gardener La Quintinie. The major areas of cultivation are now the Parisien region, the North, the Gironde, and the Loir Valley.

Coffee, pink and button mushrooms all come from the 'champignon de Paris' strain..

Choice

Grown in special quarries, the button mushroom is found all the year round. Off-white colour in colour, its fleshy hat can measure up to 10 cm in diameter with a stalk of 2-5 cm. Choose firm and fleshy mushrooms, unmarked and with its cap intact.

Consumption

Button mushrooms can be eaten raw when young: in salads, in an hors d'œuvres mixed with cream or fresh herbs. Sautéed whole or in slices they are traditionally associated with meat or fish. They go very well with onions and rice and can be included in many recipes: soups, sauces, (Chambord, Forestiere..) stuffings and stews etc.

Conservation

It is possible to conserve them in three different ways: as a preserve, dried or frozen. Fresh, they will keep in the drawer of a refrigerator for a week if wrapped in a dry cloth. Wash just before preparing them to prolong their preservation.



Its name come from the fact that it was cultivated in great quantities in the disused quarries of the 15th arrondissement in Paris under Napoleon.



NUTRITIONAL INFO

14 kcal/100g



PREPARATION

Wash mushrooms briefly under cold running water then wipe them gently. If they are covered in earth, peel them starting under the cap using the point of a knife.



COOKING

For pan fried mushrooms, stir them over a high heat for a few minutes. Remove from the heat as soon as they begin to exude water. Keep this water rich in nutrients for another recipe.



PRESENTATION

To preserve the mushroom's white colour, sprinkle them with lemon juice to prevent oxydation

RECIPE SUGGESTIONS

Creamy mushroom soup with a poached egg and cured ham 'chips'
Fillet of pork with mustard and button mushrooms

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