

Title:

Fabulous Food: Fungi

Word Count:

1239

Summary:

A in-depth look at fungi: mushrooms, morels, and truffles.

Keywords:

Fungus, fungi, mushrooms, morels, truffles, umami, food, flavor

Article Body:

Mushrooms. Earthy, elegant, rich, meaty .. Extraordinary.

Mushrooms fall into the love/hate category. You either love `em or not so much. Kinda like

In ancient times, Egyptians were so enamored with mushrooms that they called them sons of gods

Of the over 40,000 varieties of mushrooms, there are the gastronomically pleasurable, the hallucinogenic

Ecologically, fungi play a crucial role. Mushrooms are fungus, not vegetables, and they grow

Long regarded as nutritionally devoid, mushrooms have been reevaluated in the 21st Century and

Mushrooms have been cultivated for the last 300 years. The French began cultivating them in

When selecting mushrooms, you should look for firm, moisture-free, unblemished caps. Store them

Morels and Truffles

Because the most flavorful mushrooms grow wild, they are a cult unto themselves. In Europe, f

There are four species of wild morels, but the white is considered superior in both taste and

The undisputed Emperor of the Fungi Kingdom is the truffle. In Europe, there have been gunfig

Truffles have a pungent, woody, slightly garlicky aroma, and there are two varieties of truff

White truffles are considered by the Italians to be superior. They are abundant in the region

In the last ten years, black and white truffles have been cultivated in Oregon. Considered in

The Japanese are so enamored with the taste sensation in mushrooms that they have created a ne

Regardless of your stance on the Kingdom of `Shrooms, they are a healthy, unique, incredibly d

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