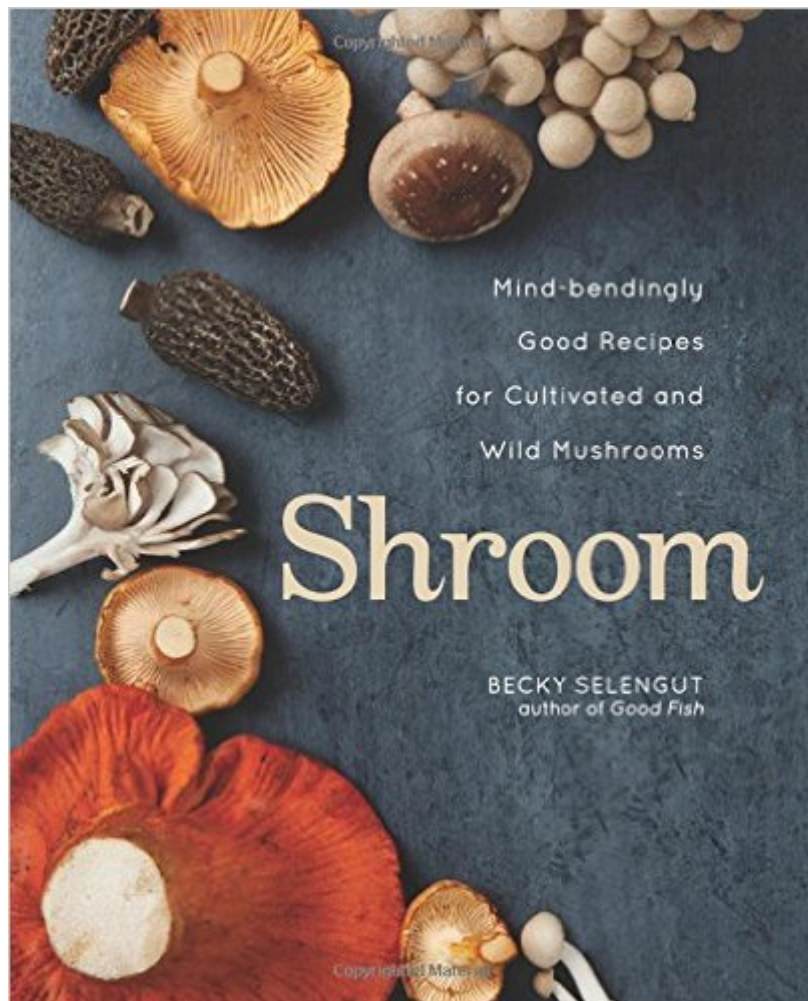


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# Shroom: Mind-bendingly Good Recipes For Cultivated And Wild Mushrooms



## Synopsis

As a chef and cooking teacher, Becky Selengut's *Shroom* feeds our enduring passion for foraged and wild foods by exploring 15 types of mushrooms, including detailed how-to's on everything home cooks need to know to create 75 inventive, internationally-flavored mushroom dishes. The button mushroom better make room on the shelf. We're seeing a growing number of supermarkets displaying types of mushrooms that are leaving shoppers scratching their heads. Home cooks are buying previously obscure species from growers and gatherers at local farmers markets and adventurous cooks are collecting all manners of edible mushrooms in the woods. People are asking the question, "Now that I have it, what do I do with it?" Home cooks and chefs alike will need a book and an educated guide to walk them through the basics of cooking everything from portobellos and morels to chanterelles and the increasingly available, maitake, oyster, and beech mushrooms. *Shroom* is that book and Chef Becky Selengut is that tour guide. In a voice that's informed, but friendly and down-to-earth, Selengut's *Shroom* is a book for anyone looking to add mushrooms to their diet, find new ways to use mushrooms as part of a diet trending towards less meat, or diversify their repertoire with mushroom-accented recipes inspired from Indian, Thai, Vietnamese and Japanese cuisines, among others. Recipes include Maitake Tikka Masala, King Trumpet and Tomato Sandwiches with Spicy Mayo, and Hedgehog Mushrooms and Cheddar Grits with Fried eggs and Tabasco Honey. Written in a humorous voice, Becky Selengut guides the home cook through 15 species-specific chapters on mushroom cookery with the same levity and expertise she brought to the topic of sustainable seafood in her IACP-nominated 2011 book *Good Fish*. Selengut's wife and sommelier April Pogue once again teams up to provide wine pairings for each of the 75 recipes.

## Book Information

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## Customer Reviews

When I saw this book, I knew I had to read it. I have an obsession with mushrooms. They are possibly my favorite ingredient, and in my humble opinion they can make any dish, simple or complicated, all the more delicious. That said, I am an omnivore and do enjoy my meat as well as vegetables and fungi. I was very pleasantly surprised that almost all of these recipes, most of which are without meat, sounded amazing to me. This is a very vegetarian book, as I mentioned a lot of the recipes don't call for meat at all. The ones that do have meat offer instructions for substitutions. I really liked the amount of special notes and tips that the author provided in this book, such as what mushrooms are interchangeable if one variety isn't available, or how to swap proteins. Each chapter of this book highlights a different kind of mushroom, and at the beginning of the section there's tips and instructions on where to find them, how to freeze or preserve them, when they're grown, and more fun little facts. There's also in depth instructions on how to clean each mushroom variety and how to find them yourself in nature. Plus, she provides links to videos online that can help as well. Becky writes her recipes in an easy-to-approach manner, with a good dash of humor and snark. It felt like I was getting recipe advice from a friend, and I really liked that tone. These recipes offer both simple dishes and complex ones, but each is written in the same chill tone of "hey, you can totally make this." The pictures that are provided are stunning, but I do wish that there would have been more pictures of the completed dishes. I am very much a visual person when it comes to cooking, and I like looking at what I should have been creating to see if I am still in the same ballpark.

Disclaimer: I think Becky is the shiznit. We have taken cooking classes from her at our local grocery store and she recently came to our home to cook a gourmet meal (with lots of mushrooms) for a birthday celebration. She is fun to be around and funny, but most of all knows her stuff. That said, I'm doing my best to give an honest review of this cookbook. Here goes: It's AWESOME. Set aside for a moment that it's full of wonderfully delicious recipes (which it is). It's actually fun to read! Becky includes lots of cool information about mushrooms--how to pick them (at the store), how to clean them, how to cook them, nerd factoids, and a fabulously funny quiz that lets you figure out what kind of mushroom you are. It is also full of funny personal anecdotes that literally had me laughing out loud. Each recipe is preceded by a description of where the recipe came from and other

information that is helpful to a home cook. Some of them are also very funny (like the soup that she said was good to make if you are listening to Thai music and have zebra running through your living room in honor of its Thai/West Africa origins). The photos are gorgeous and make your mouth water, and each recipe has notes about what to drink with it...some call for wine, and I noticed one called for a margarita! Yum! Then, the recipes...wow! Let me start with this: my husband has said for years that he doesn't like mushrooms. He thinks they're gross and taste like dirt. That was then. This is now: he will tell you that he likes mushrooms when they're cooked "The Becky Way!" In fact, we've now eaten at least 6-8 dishes from this cookbook and he hasn't found a mushroom he doesn't like yet! If that's not a good cookbook, I don't know what is!

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