WASTE LESS, TASTE MORE 042

Give Mushroom Stems a Filling Role



SAVE THE CAPS FOR DISPLAY AND CHOP THE REST.

If a dinner party recipe calls for mushroom caps, keep the edible stems from varieties such as button or cremini. Finely chopped, they can become a flavorful filling or cooked topping.

1 Check the mushroom variety

Use stems that are suitable to eat. Some varieties have tough stems that need different treatment.

Why: Mushroom stems are not interchangeable.

2 Chop and cook thoroughly

Follow a mushroom duxelles or filling recipe, cooking the chopped mushrooms with ingredients such as shallot and herbs.

Why: Cooking off excess moisture helps create a concentrated mixture.

3 Choose the next presentation

Use the mixture in tartlets, stuffed vegetables, or another recipe designed for a cooked mushroom filling.

Why: The stems become a useful preparation with their own purpose.

KITCHEN NOTES

Add other usable pieces

Broken caps and irregular pieces can join the mixture.

Control moisture before filling pastry

A wet filling can affect the pastry's texture.

Make an appetizer

A small mushroom tartlet can provide a savory opening bite at another gathering.

THE PLATING MINDSET

Use the most attractive pieces where their shape matters, and give the remaining edible pieces an equally useful role.