

GOOD  
FOOD

SHOP  
LIKE A  
CHEF

70

# MEET THE FUN GUYS

Mushrooms have the power to help boost your immunity, ward off cancer and keep you trim. Maximize their rewards and flavors with these tips from award-winning chef Eli Kulp.



## WHITE BUTTON

**GOOD SOURCE OF** Conjugated linoleic acid, a beneficial fat that helps increase lean body mass by burning off bad fats

**USE THEM** At his main Philadelphia resto, Fork, Kulp slices these extremely thin on a mandolin and layers them with fermented cashew cheese, apples and smoked sweet potato. "You could also shave them over fresh greens and roasted portabello," he says.



Mushrooms are generally available year-round, but many varieties reach peak flavor in fall and early winter.

## OYSTER

**GOOD SOURCE OF** Antioxidants

**USE THEM** "We weave these into a breakfast sandwich at High Street on Market," Kulp says, referring to another of his Philly spots. "We marinate them in champagne vinegar, mushroom stock, olive oil, bay leaf, thyme, sugar and salt, slice them and sear them, but they're great with scrambled eggs and cheese, too."



## SHIITAKE

**GOOD SOURCE OF** Cancer-fighting compound lentinan, plus vitamin D

**USE THEM** Kulp serves these as a signature side dish at his other restaurant, a kitchen. "We grill them on charcoal, then marinate them with olive oil, lemon juice, fresh garlic and thyme, seaweed and a tea made from young pine needles," he says. To make a DIY version, you can order loose needles at [localharvest.org](http://localharvest.org).



## MAITAKE (OR HEN-OF-THE-WOODS)

**GOOD SOURCE OF** Immunity-boosting beta-glucans

**USE THEM** "These are extremely versatile," Kulp notes. "They grow in a big chunk that you can break apart or chop. Try roasting a hunk with brown butter, aromatics and spices." Another riff? He recommends deep-frying them in peanut or canola oil. "At 350 degrees, it will only take 15 to 20 seconds. They get really crispy and have an intense, roasted flavor."

## MUSHROOM-BUYING BASICS

Kulp schools you on what to look for when combing the produce aisle.

**Color** "Oxidation is a telltale sign that a mushroom is past its prime. There shouldn't be any darkening on the outside flesh or where it was cut."

**Plumpness** "Mushrooms are 90 percent water, so you want them firm and dense. The mushroom should have a nice weight for its size."

**Tight gills** "For portabellos especially, you want the gills close together so that there's more cap to work with once you clean out the underside."