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Fresh. Simple. Good.

Umami – Nature’s Flavour Enhancer

Only in Mushrooms?

Umami, what’s this? It’s the 5th Taste, according to David and Anna Kasabian, authors of the Fifth Taste. *Umami* (pronounced oo-MA-mee) extends the finish of savoury foods, making them linger on the palate longer. In other words, Umami enhances the flavours of the foods it is served with, like sautéed mushrooms with steak, or sliced mushrooms in a salad, it simply makes them taste better.



Mushrooms have Umami, which is why restaurants serve them on burgers and steaks. Remember how that morsel of steak exploded with flavour when it was served with mushrooms on the side? That’s Umami. Your mouth tingled as you began to enjoy the food, a sensation that can only be brought on by Umami. For an even greater delightful taste, try a *medley* of grilled mushrooms; whites, browns, shiitake, oyster and enoki. Sheer pleasure.

If you love food, and who doesn’t, be sure to put Umami rich mushrooms on your weekly shopping list. Your taste buds will love you for it.

For great Umami rich recipes visit www.mushrooms.ca.