

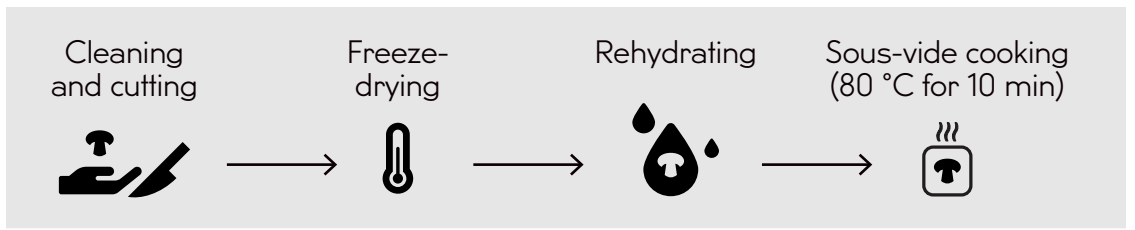
QUEBEC EDIBLE FOREST MUSHROOMS: A SOURCE OF AROMA DIVERSITY

Warning: The mushrooms used in this study were provided by professional pickers. Before consuming forest mushrooms, it is recommended that you have them identified by a mycology expert. La Filière Mauricie offers step-by-step instructions on how to identify forest mushrooms: <https://mycomauricie.com/cueillette-sauvage-et-culture/champignons-forestiers-informations/>

How the forest mushrooms were prepared for this study



1 - White Matsutake • 2 - Larch Suillus • 3 - Hollow-stalked Larch Suillus • 4 - Late Fall Oyster • 5 - Oyster Mushroom • 6 - Chicken Mushroom • 7 - Chocolate Milky • 8 - Maple-biscuit Milky • 9 - Elm Oyster • 10 - White Almond Waxy Cap • 11 - Lobster Mushroom • 12 - Bear's Head Tooth • 13 - Hen of the Woods • 14 - Winter Chanterelle • 15 - Yellowfoot • 16 - Black Trumpet • 17 - Shaggy Parasol • 18 - Swollen-stalked Cat • 19 - Chanterelle • 20 - Red-mouth Bolete • 21 - Canary Bolete • 22 - Mouse Trich

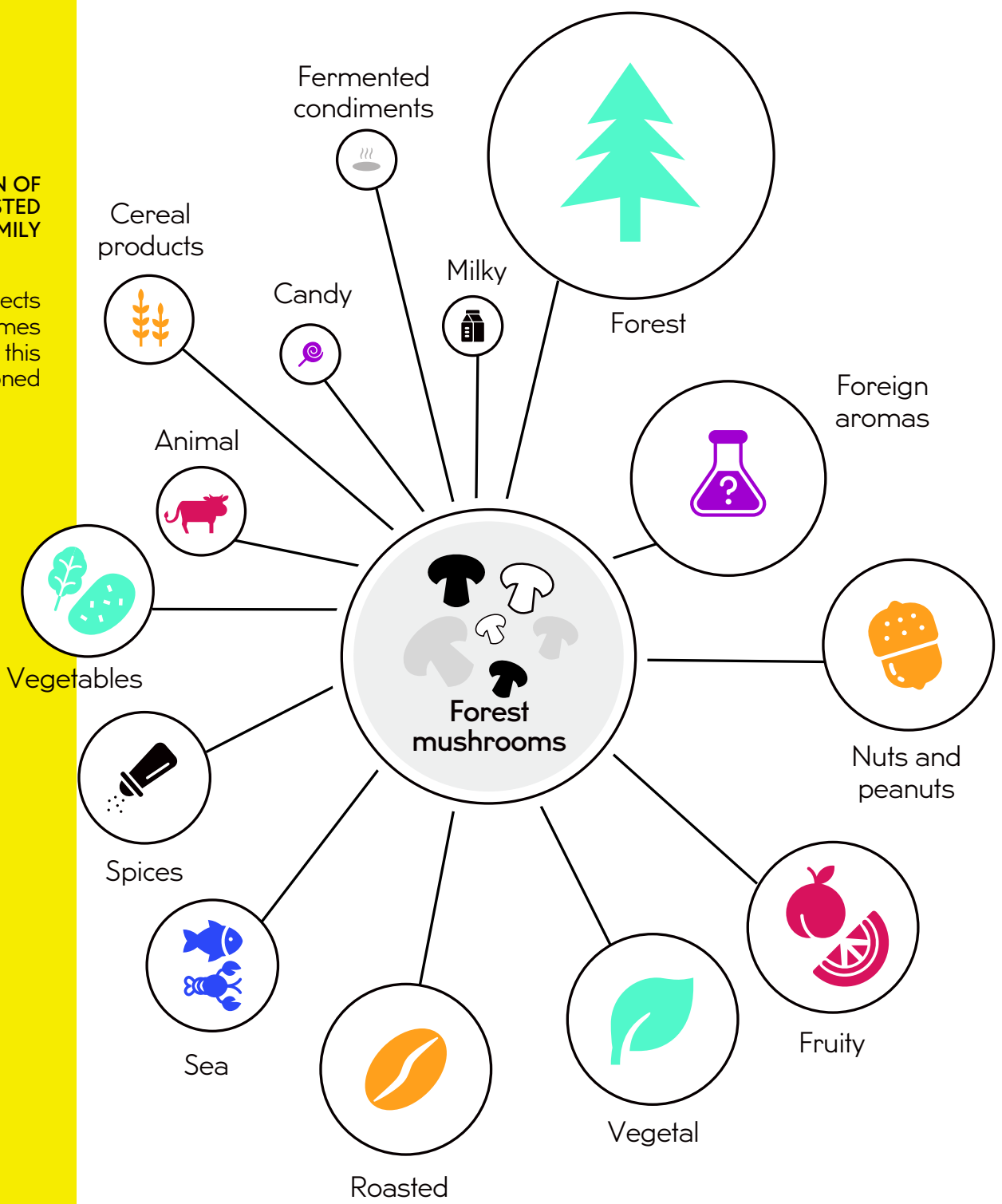


*Before being consumed, all parts of the mushroom must reach a temperature of at least 63 °C for 3 minutes or 74 °C for 15 seconds.

Source: Lupien, p. 2018, Champignons du Québec – Qualité, Salubrité, Sécurité et Traçabilité (QSST). Filière mycologique de la Mauricie – Syndicat des producteurs de bois de la Mauricie.

Aromatic families in Quebec forest mushrooms

Descriptors given by culinary/pastry professionals and mushroom connoisseurs



DISTRIBUTION OF DESCRIPTORS LISTED BY AROMATIC FAMILY

The circle size reflects the number of times a descriptor from this family was mentioned

- Quebec forest mushrooms offer a wide range of aromas.
- This study generated a sensory lexicon of 14 aromatic families.
- Overall, "forest" was the dominant aromatic family, reflecting where mushrooms come from.

GastronomiQc Lab

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For further information, please contact us at info@gastronomiqclab.ca.

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