Double Processing Wild Mushrooms Quick Visual Guide

🍄 Harvest

|

▼

🧹 Brush Clean

|

▼

🧂 Salt Water Soak
(If Needed)

|

▼

💧 Drain & Dry

|

▼

🔪 Slice

|

▼

🍳 Dry Sauté
Low Heat
(No Oil)

|

▼

💦 Mushrooms Release Water

|

▼

♨️ Continue Cooking

|

▼

🎵 Water Gone?
Hear Sizzling?

|

▼

❄️ Freeze on Tray

|

▼

🧊 Bag & Label

|

▼

👨‍🍳 Ready to Cook