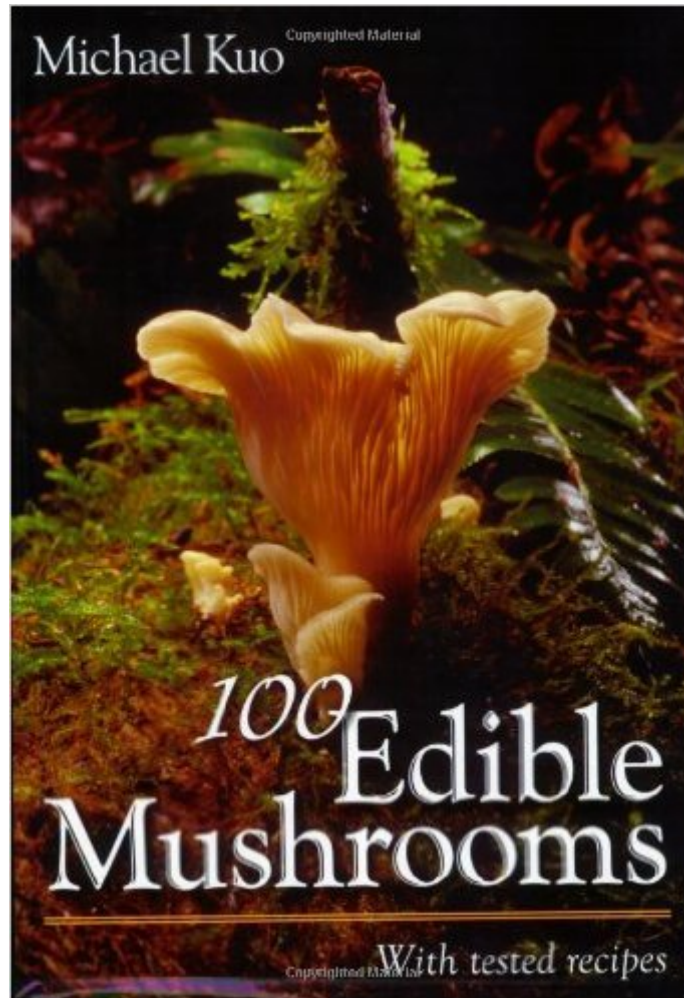


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# 100 Edible Mushrooms



## Synopsis

With a dash of humor and a dollop of science, Michael Kuo selects the top 100 mushrooms best suited for cooking. Like Kuo's very popular book *Morels, 100 Edible Mushrooms* is written in the author's inimitable, engaging, and appealing style, taking the reader on the hunt through forest and kitchen in search of mycological pleasures and culinary delights. Kuo describes in detail how to identify each species, where and when to find them, and how to cook them in creative and delicious recipes. The mushrooms presented in the book are the most often eaten varieties, and a description of the button mushrooms found in the grocery store is included. All of the mushrooms have at least one full-color illustration and some several more to aid in identifying and distinguishing look-alike and nonedible species. An indispensable book for mushroom hunters, naturalists, and cooks. Michael Kuo, an English teacher in Illinois, is the developer of [mushroomexpert.com](http://mushroomexpert.com), a popular online resource for mushroom identification and morel hunting.

## Book Information

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## Customer Reviews

This is only the latest addition to my mushroom library, which now totals about 8 books. A lot of the best mushroom book seem to be focused on the Pacific Northwest, so it was nice to find one that concentrates on my part of the country. The photos are excellent, as are the descriptions, and the detailed warnings. It's a tad big for use as a field guide, but it's great reference and an enjoyable read. Just browsing through you'll pick up a lot of useful information and learn to recognize a number of varieties. Interestingly, the author states that he doesn't consume a lot of wild mushrooms, perhaps because he's had a few bad experiences with "edible" mushrooms. The book

begins with warnings and descriptions of toxic mushrooms, including many that might be confused with popular edibles. Curiously, the first mushrooms described are those you can find in the supermarket. That may seem odd, but Kuo has a very good reason for doing this. He wants you to get a sample of mushrooms that are absolutely, positively identified, and then study them to really learn about distinguishing features. Brilliant, really. The wild mushrooms themselves are divided into good beginner mushrooms, those requiring some experience, and the "difficult" ones- those best picked by experts only. There's some disagreement between experts on what constitute good beginner mushrooms- for instance Kuo puts the Hen of the Woods into the middle category, whereas many authors consider it a good beginners mushroom- but Kuo errs on the side of caution, and I think that's a good idea. He also warns against falling into the trap of becoming too bold, and too adventurous, like those who take pride in eating the non-toxic Amanitas. That's a dangerous game to play, even for experts.

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