
ORGANIC SHIITAKE MUSHROOMS MSB

Description: Dried shiitake mushrooms (*Lentinula edodes*) are often called wild mushrooms, but are only found cultivated.

Physical Properties

Appearance	Light tan to dark brown outside, beige to tan gills underneath.
Size	Approximately 4-6 cm in diameter.

Organoleptic Properties

Flavor	Typical of dried mushrooms, earthy with smokey overtones.
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Chemical Properties

Moisture	Maximum: 10 %	Method: Halogen Thermogravimetric Analysis
Naturally Occurring Sulfites	Maximum: 125	

Microbiological Properties

Standard Plate Count	Maximum: 500,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 500 MPN/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 2500 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 2500 cfu/g	Method: FDA BAM or AOAC equivalent
E. Coli	<10 cfu/g or <3 MPN/g	Method: FDA BAM or AOAC equivalent
Salmonella	NEG/25g	Method: FDA BAM or AOAC equivalent

Packaging, Labeling, Storage

Packaging	Bag in a box or to customer specification.
Receiving Conditions	Product should be shipped and handled in a sanitary manner.
Storage Conditions	Store in a dry, cool place.
Shelf Life	Minimum 12 months (under optimum storage conditions).

Defect Tolerance

Foreign Material	Shall not contain any foreign material including but not limited to wood, paper, plastic, glass
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OliveNation LLC

13 Robbie Road, Suite A4, Avon, MA 02322

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Other

Gluten Status	This product (and if applicable its ingredients) by nature does not contain the gluten proteins found in wheat, rye or barley. This product has not been tested to verify gluten levels less than 20 ppm.
Natural Status	This product is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives.
GMO Status	This product does not contain genetically engineered ingredients.
Vegan Status	This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.
Halal Status	This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.
SDS Waiver	To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.

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ALLERGEN STATEMENT

"Q #1: Does the item above contain any of the following allergens or their derivatives?"		"Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?"		"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS
YES	NO	YES	NO	YES	NO	
	X	X		X		MILK
	X	X		X		EGGS
	X	X		X		SOYBEANS
	X	X		X		WHEAT
	X		X		X	PEANUTS
	X	X		X		TREE NUTS
	X		X		X	FISH
	X		X		X	CRUSTACEAN SHELLFISH
	X	X		X		SESAME
	X	X		X		MUSTARD
	X	X		X		ADDED SULFITES

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.



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Ingredient Statement

Organic Shiitake Mushrooms.

Product Certifications

Certified Kosher Parve

Certified Organic

Proximate Analysis

Protein	9.58	g
Carbohydrate	75.37	g
Moisture	9.50	g
Ash	4.56	g
Fat	0.99	g

Nutritional Analysis

Serving Size	100.00	g
Calories	296.00	
Total Fat	0.99	g
Saturated Fat	0.23	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	13.00	mg
Total Carbohydrates	75.37	g
Dietary Fiber	11.50	g
Sugars	2.21	g
Protein	9.58	g
Vitamin A	0.00	IU
Vitamin C	3.50	mg
Calcium	11.00	mg
Iron	1.72	mg
Added Sugars	0.00	g
Vitamin D	154.00	mcg
Potassium	1,534.00	mg

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Nutrition Facts

Serving Size 1/2 cup (10g)

Amount Per Serving

Calories 30 **Cals. From Fat** 0

% Daily Value**

Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	8 g	3%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	1 g	

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 0%

**Percent Daily Values are based on a 2,000

Calorie diet. Your daily values may be higher

or lower depending on your calorie needs.

		CALORIES	2000	2500
Total Fat	Less than	65g	80g	
Sat. Fat	Less than	20g	25g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories Per Gram:

Fat 9 * Carbohydrate 4 * Protein 4

Source of Nutritional Information

USDA Nutrient Database for Standard Reference.

Ingredients

Organic Shiitake Mushrooms.

Handling And Storage

Store in a dry, cool place.

Points Of Interest

Including (when relevant): Flavor, Aroma, Appearance, Texture and other characteristics of interest to a chef

Our dried Whole Organic Shiitake Mushrooms are a convenient way to use this popular, umami-rich mushroom, which has a meaty flesh and a full-bodied, earthy flavor.

- Caps range from 2 to 4 inches in diameter
- Earthy, full-bodied flavor, identical to common shiitake mushrooms
- Firm, meaty texture
- Excellent base flavor for numerous dishes
- Certified organic to the specifications of the USDA National Organic Program

Suggested Uses

- An elegant, earthy complement to vegetarian risotto and pasta dishes
- Add depth of flavor to stir-fries
- Add rich umami flavor to sauces and soups
- A delicious accent flavor with steak or chicken
- Pulverize dry shiitake mushrooms to make a multi-purpose "umami powder" that enhances most any savory dish

Basic Preparation

Rinse mushrooms under cold running water to remove any possible debris. To rehydrate mushrooms prior to use, place them in a saucepan and cover with 4 inches of cold water. Add a generous pinch of salt. Bring to a boil, then remove from heat and let steep 20 to 30 minutes or until tender. Drain, reserving the liquid for another use.

Recipe

Indian Tomato Curry with Shiitake Mushrooms

Homemade Curry Powder:

- 1 teaspoon ground decorticated cardamom
- 3 tablespoons whole fennel seed
- 2 tablespoons whole coriander seed
- 1 teaspoon whole allspice
- 1 teaspoon whole clove
- 1 teaspoon whole black pepper

Curry/Sauce:

Canola oil, as needed

- 1/2 cup rehydrated Organic Whole Shiitakes, drained and sliced
- 1 cup sweet onion, julienne
- 1 inch fresh ginger root, finely chopped
- 1 tablespoon fresh garlic, crushed
- 1 cup canned tomato puree
- 1 cup vegetable or chicken broth

Salt

Ground black pepper

4 chicken breasts, grilled

2 cups cooked aromatic basmati, baby basmati or red rice

To make curry powder, place ingredients in a mortar and pestle or spice grinder. Grind until a fine powder has been created.

Heat canola oil in a heavy-bottomed skillet over high heat. Add shiitakes and sauté until lightly browned.



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Add onion, ginger and garlic and cook until lightly caramelized. Add more oil if needed.

Add tomato puree, broth and homemade curry powder. Bring to boil, reduce to simmer and cook until desired consistency is achieved. Season to taste with homemade curry powder, salt and black pepper.

Serve with chicken breasts and rice.





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COUNTRY OF ORIGIN DECLARATION

THIS PRODUCT ORIGINATES FROM CHINA