Edible Wild Mushrooms

野生菌



Yunnan KouKouShi Mountain Delicacies & Mushroom Source Factory Co., Ltd.

云南口口食经贸有限公司

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Fresh mushrooms from Yunnan

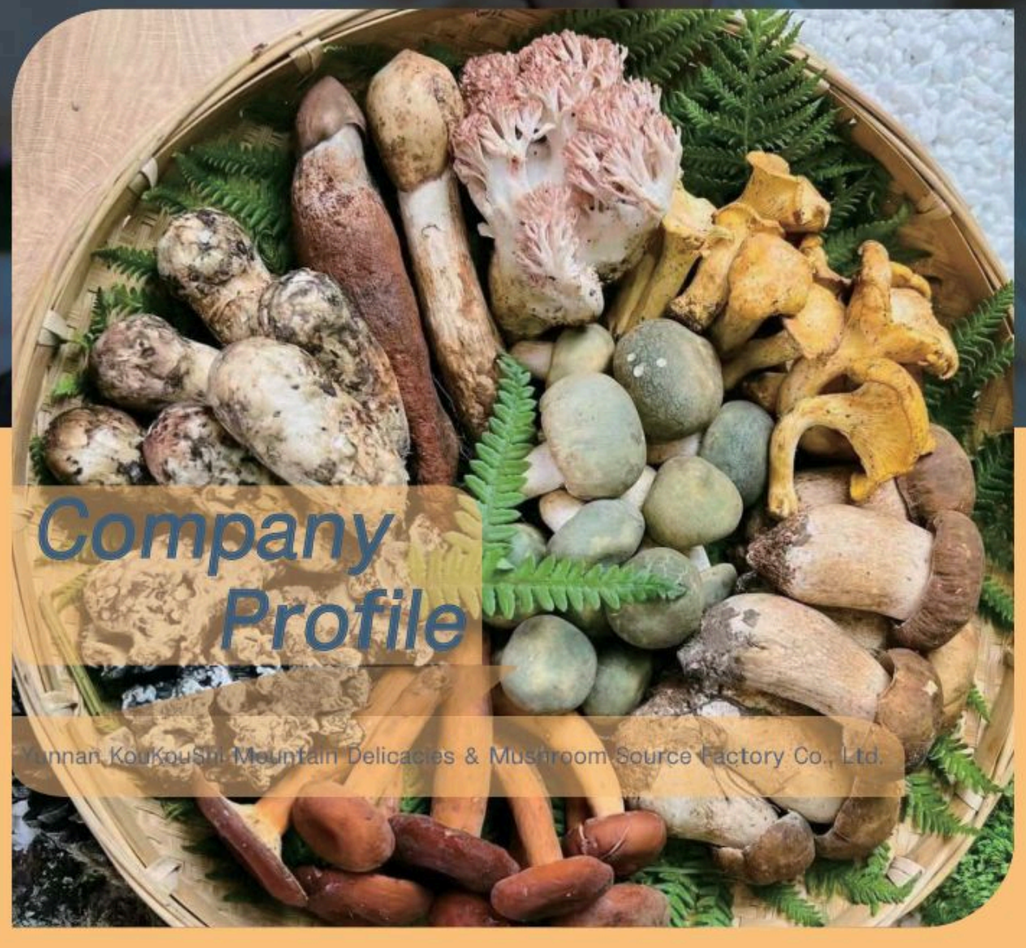


云南新鲜菌菇

The deliciousness of fresh Yunnan mushrooms is a unique flavor from nature, impossible to replicate with any condiments. Whether simmered into soup, letting the mushroom aroma infuse the broth to create a golden, clear and rich mushroom soup; or used for hot pot, allowing the freshness to seep into every ingredient; or stir-fried at high heat, making the tenderness of mushrooms collide with the wok aroma to produce an irresistible fragrance—you can feel the overwhelming deliciousness, as if you are in the mountains of Yunnan, savoring the gift of nature.

Fresh mushrooms are supplied according to seasons. For details, please consult by phone or private message!

新鲜菌菇根据季节供应，详情请电话或私信咨询！



Company Profile

Yunnan KouKouShi Mountain Delicacies & Mushroom Source Factory Co., Ltd.

Yunnan KouKouShi Mountain Delicacies & Mushroom Source Factory Co., Ltd. was founded in 2017. It is an agricultural trading enterprise specialized in the purchasing, processing, domestic sales and export of Yunnan wild edible fungi, with matsutake and truffle as its core categories.Adhering to professionalproduction experience, serialized product lines and strict quality management, the brand has built solid industry competitiveness.

Core Business & Products: The company mainly deals in fresh and deeply processed products of ildw fungi such as matsutake, truffle, morel and bolete, as well as some artificially cultivated mushrooms.Its deep-processing product portfolio covers FD freeze-dried fungi, air-dried fungi, refined processed edible fungi, quick-frozen wild fungi, mushroom soup packs, wild fungus dumplings and meatballs, etc.
The company achieves an annual throughput of over 400 tons of wild fungi. Its freeze-dried matsutake and fresh truffles enjoy a high market share, with products sold all year round to Japan, South Korea, Europe, America and other countries and regions.

Quality Assurance: Koukoushi attaches great importance to product quality and taste. It strictly controls raw material quality from the source to ensure every product meets customer expectations.

Diversified Product Range: It boasts a rich product lineup, including various black truffle sauces, Yunnan wild fungi, dried mushroom products, frozen wild fungi and deep-processed mountain delicacy mushroom series, fully meeting the diverse needs of consumers.

Brand Credibility & Strength: The company owns a 4,000 square meters standardized processing workshop and over 1,000 square meters of fresh-keeping and cold storage in Kunming, equipped with complete quality inspection and production lines.
As a time-honored and trustworthy brand, it owns a complete industrial chain covering independent R&D and production. Supported by premium product quality, the brand has won an excellent market reputation and public praise.

Excellent Quality

Professional Service

Integrity Management

Food Specialists













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Fresh mushrooms are supplied according to seasons. For details, please consult by phone or private message!

Fresh black truffles from Yunnan Province

云南新鲜黑松露

Scientific Name: Tuber melanosporum

Aliases: Truffle, Wú Niáng Gu, Zh Gng Jn, Kuài G, etc.

Growth Environment: It prefers to grow in humus-rich, well-drained forest soil, usually under broad-leaved and coniferous forests in temperate climate zones, especially near the roots of trees such as oaks, chestnuts, pines and beeches, forming a symbiotic relationship with tree roots.





Nutritional Value

Basic Nutrition: Rich in protein, unsaturated fatty acids, various vitamins and essential trace elements for the human body, providing a variety of nutrients.

Health Benefits: Enhances immunity, resists aging, relieves fatigue, regulates endocrine, etc.

Edible Methods

Chinese Cuisine: Can be used for soup, such as truffle chicken soup, allowing the aroma of black truffle to infuse the soup to make it more delicious; can also be used for steamed eggs or fried eggs, sprinkled with a few slices of truffle to enhance the flavor of the eggs; can also be cut into small cubes to make truffle fried rice, stir-fried with rice, eggs, vegetables, etc., emitting a strong aroma.

Western Cuisine: Often cut into very thin slices and sprinkled on fettuccine or spaghetti with butter and Italian dried cheese; can also be used to make black truffle fried eggs, black truffle sauce, and can be paired with steak, using black truffle to make sauce to add a unique flavor to the steak.

Fresh black truffles from Yunnan Province

新鲜香格里拉松茸

A rare gift from the primeval forests of Shangri-La—fresh Shangri-La matsutake is now crossing mountains and rivers to reach your dining table.

This pure land, at an altitude of over 3500 meters, has clean air and clear water sources. Every matsutake absorbs the essence of the earth in this pollution-free world, and after a long time, it nurtures this ultimate deliciousness.





Nutritional Value

Enhances Immunity: Matsutake polysaccharides can regulate the cellular activity of the human immune system, enhance the immune function of the body, help the body resist viruses, bacteria, etc., and reduce the risk of illness.

Antioxidant: Various antioxidants contained in matsutake, such as vitamin C, vitamin E and matsutake polysaccharides, can delay cell aging and prevent the occurrence of various chronic diseases, such as cardiovascular diseases and cancer.

Edible Methods

Raw Consumption: Fresh matsutake can be cut into thin slices and eaten with soy sauce, wasabi, etc., with a delicious taste that can maximize the retention of the original flavor of matsutake.

Soup Making: Simmer with chicken, pork ribs, etc., such as matsutake chicken soup and matsutake pork rib soup, with a delicious taste and rich nutrition, allowing the nutrients of matsutake to fully infuse the soup.

Stir-Frying: Cut into shreds or slices and stir-fry with other vegetables, such as matsutake stir-fried green peppers and matsutake stir-fried asparagus, with a refreshing taste and enhanced flavor of the dishes.

Morchella
高山羊肚菌







Rich in nutrients such as protein, polysaccharides, vitamins and minerals. It has certain health benefits, such as enhancing immunity, antioxidant, lowering blood lipids, etc. In daily consumption, it can provide the human body with rich nutrition and play a positive role in maintaining physical health.

Edible Methods

Stir-Frying: Wash fresh wild morels, cut into appropriate sizes, and stir-fry with garlic slices, green peppers, etc. to retain their tender texture and unique flavor.

Soup Making: Can be simmered with chicken, pork ribs, vegetables, etc. to make soup, allowing the freshness of morels to infuse the soup, making the soup delicious and nutritious.

Fresh Juice Roasting: Brush morels with a layer of olive oil, sprinkle with an appropriate amount of salt, pepper and other seasonings, and bake in the oven. The baked morels are crispy on the outside and tender on the inside, emitting a strong aroma.

Thick Flesh

Rich Mushroom Aroma

Wild Morchella
野生羊肚菌





The shape is irregular—some are oval, some are nearly round, and some are pointed. The surface of the cap has many concave pits, forming a unique network texture, similar to a sheep's stomach, which is why it gets its name.

It has a variety of health benefits. The polysaccharide substances it contains have the effects of enhancing immunity, anti-tumor, antioxidant, etc.; it helps promote the absorption and utilization of calcium, which is of great significance for maintaining bone health; it has the functions of promoting growth, protecting the liver, and improving memory.

Edible Methods

Porridge Making: First, rinse the rice and soak for 30 minutes. Wash fresh morels and dice them. Add an appropriate amount of water to the pot, bring the rice to a boil over high heat, then turn to low heat to simmer. When the porridge becomes thick, add morel dice and a small amount of lean pork shreds (which can be marinated in advance), continue to cook for 10-15 minutes, and finally add an appropriate amount of salt and pepper to taste according to personal taste, and sprinkle with chopped green onions. Morel porridge has a delicate texture, fresh and delicious taste, and is easy to digest.

Hot Pot: When the hot pot is boiling, put the washed fresh morels into the pot and blanch for 1-2 minutes. You can take them out to eat after the morels absorb the taste of the hot pot base. Whether it is a clear soup pot, a spicy pot or a mushroom soup pot, morels can show a unique flavor in them, with a crispy and smooth taste.

Tender and Crisp Flesh

Rich Nutrition

Leccinum aurantiacum
新鲜野生黄牛肝菌



The cap is hemispherical or flat, with a smooth surface, mostly yellowish-brown, earthy yellow or brownish-yellow, slightly sticky when wet. The flesh is thick, white or pale yellow.

The stipe is thick and strong, with brown reticulation or particles on the surface, sometimes swollen at the base, with thick flesh. It is smooth and delicious after cooking, with a special nutty aroma.

Nutritional Value

Wild yellow boletus contains a variety of bioactive substances, such as polysaccharides, which can stimulate and regulate the human immune system, improve the body's resistance, and help the human body resist diseases.

Rich in antioxidants, vitamin E and carotenoids, it can prevent aging-related diseases, such as cardiovascular diseases and neurodegenerative diseases.





Cooking Methods: Suitable for stir-frying, stewing, making soup or drying for preservation. Classic methods include:

Stir-Fried Yellow Boletus: Stir-fry quickly with green peppers, garlic and dried chili peppers.

Yellow Boletus Chicken Soup: Simmer with chicken for 1 hour, the soup is golden yellow with a strong fresh flavor, suitable for nourishing the weak.

Butter-Fried Yellow Boletus: Melt butter in a pan, fry the mushroom slices over low heat until slightly browned on both sides, and sprinkle with salt and spices. It goes well with steak or bread.

Boletus edulis var.albidus
新鲜野生白蒽牛肝菌



Scientific Name: Boletus edulis var. albidus,Common Names: White Scallion Boletus, White Scallion Fungus, Jiàn Shu Qng

Classification: Basidiomycota, Agaricomycetes, Boletales, Boletaceae

Naming Origin: Named for its cap color which is mostly pale pinkish-white, grayish-white and other off-white tones, and it has a scent similar to green onions, while the texture is like beef liver.

Nutritional Value

Nutrition: Rich in protein, carbohydrates, vitamins and minerals such as calcium, phosphorus and iron.

Medicinal Value: It has the effects of clearing heat and relieving irritability, nourishing blood and harmonizing the middle, dispelling wind and cold, relaxing tendons and activating blood circulation, tonifying deficiency and refreshing the mind. Regular consumption can improve the activity of human cells, promote gastrointestinal peristalsis, speed up digestion, have a good relieving effect on abdominal pain and diarrhea, and also regulate human microcirculation and enhance human disease resistance.





It must be thoroughly cooked when cooking! It is recommended that the cooking time be more than 15 minutes. Common methods include "Stir-Fried White Scallion with Single Clove Garlic, Wrinkled Chili and Lard", Sealed White Scallion Fungus, White Scallion Fungus and Beef Jerky Baked Rice, White Scallion Boletus Stewed Chicken, etc.

新鲜野生美味牛肝菌
Boletus edulis



Yunnan is one of the regions with the richest variety of wild mushrooms in China. Among them, Boletus edulis is one of the most popular edible mushrooms, known as the "King of Mushrooms" for its thick flesh and delicious taste.

Nutritional Value

Enhances human resistance and delays cell aging, helping to prevent cardiovascular diseases.
Dietary fiber helps regulate cholesterol and improve blood lipid metabolism.



Taste and Flavor

Thick flesh, smooth texture, with a unique nutty aroma and sweet taste, known as "steak in the forest".

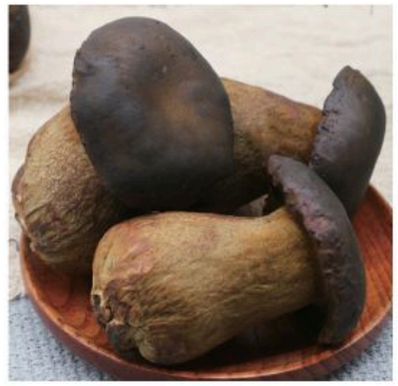
Suitable for stir-frying, stewing, making soup, frying, drying and grinding into powder (such as boletus oil and mushroom powder for seasoning).

Classic Yunnan Eating Methods

Dried Chili Stir-Fried Boletus (classic method, paired with garlic and dried chili to enhance aroma)

Boletus Stewed Chicken (rich in fresh flavor, a nourishing delicacy)

Boletus Hot Pot (one of the "soul" ingredients of Yunnan wild mushroom hot pot)



新鲜野生黑牛肝菌
Boletus aereus

Scientific Name: Usually refers to Boletus aereus, belonging to the Boletaceae family, closely related to the famous "Boletus edulis".

Appearance: The cap is dark brown to blackish-brown, with a dry and velvety surface; the flesh is thick and white, not changing color when cut; the tubes (on the back) are milky white to pale yellow, and the stipe is thick and strong, often swollen at the base.







Nutritional Value

High Protein and Low Fat: Rich in high-quality plant protein and dietary fiber, suitable for a healthy diet.
Rich in Minerals: Contains potassium, iron, zinc, selenium, etc., helping to regulate metabolism and resist oxidation.
Vitamin Treasure Trove: High content of B vitamins and vitamin D, promoting energy conversion and calcium absorption. Contains polysaccharides, which have immune regulation functions.

Aroma: Has a strong woody fragrance and nutty flavor, more mellow than ordinary boletus.
Taste: The flesh is firm and crispy, smooth and delicious after cooking, suitable for stir-frying, stewing or making pasta sauce.
Rarity: Due to complete reliance on wild collection, the output is affected by seasons and climate, and the price is relatively high.



Neoboletus luridiformis

新鲜野生红葱牛肝菌（见手青）

Common Names: Red Scallion Fungus, Red Net Boletus, Jiàn Shu Qng (Yunnan region)

Family: Boletaceae, Boletus genus or related genus.

Nutritional Value

Rich in protein, polysaccharides, trace elements, low in fat.

Contains rich protein, various vitamins and essential trace elements for the human body, which can provide a variety of nutrients for the human body.

Has the effects of enhancing immunity, resisting aging, relieving fatigue, regulating endocrine, etc.



Must be thoroughly cooked!

Cooking Notes:

Cooking suggestions: High-temperature stir-frying or long-time stewing (blanching first is recommended).

Yunnan traditional method: Stir-fry with garlic and chili, discard if the garlic turns black (folk toxicity test method is not absolutely reliable).

Taste: Thick flesh, rich fresh flavor, slightly earthy fragrance.



Russula virescens

新鲜野生青头菇

Appearance: The cap is pale green to grayish-green, with cracked patterns on the surface and a relatively smooth edge. The flesh is white, crispy and tender, and the gills are white and dense. The stipe is short and thick, white, solid or slightly loose.

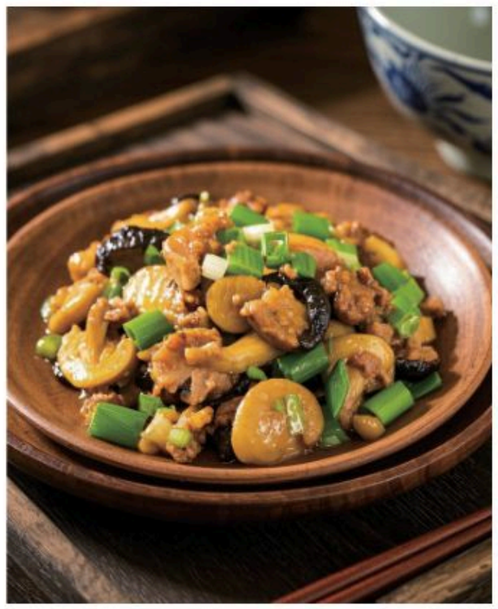
Taste: Fresh, sweet, crispy and refreshing, suitable for stir-frying, boiling and stewing.

Nutritional Value

Polysaccharides: Have immune regulation and antioxidant effects, may help improve the body's disease resistance.

Rich in protein, polysaccharides, trace elements (selenium, zinc), low in fat.

Contains rich protein, various vitamins and essential trace elements for the human body, which can provide a variety of nutrients for the human body.



Delicious Recipes:

Green Pepper Stir-Fried Russula Virescens: Stir-fry quickly with garlic and green peppers to highlight the original flavor.

Russula Virescens Stewed Chicken Soup: Simmer with chicken for a delicious soup.

Grilled Russula Virescens: Roast with salt to retain the mountain flavor.

Dictyophora indusiata
新鲜织金竹荪



Common Names: Bamboo Fungus, Bamboo Ginseng , Xin Rén Lì, Net Mushroom

Origin: Zhijin County, Guizhou is the core producing area, known as the "Hometown of Bamboo Fungus in China"

Characteristics: The stipe is white, the indusium is reticular, unfolding like a net skirt when mature, with an elegant shape and a strong fresh fragrance.

Nutritional Value

High in protein and low in fat, effectively enhancing human immunity, and has antioxidant effects. Rich in dietary fiber, effectively promoting intestinal health.

Rich in B vitamins and minerals (potassium, calcium, magnesium,etc.), which are nutrients needed by the human body.

The fresh product has a light herbal fragrance, and can be used for soup, stir-frying and cold mixing.

Bamboo Fungus Stuffed with Shrimp Paste: Fill the stipe with shrimp paste and steam for a rich texture.

Cold Bamboo Fungus: Blanch, add green and red peppers, vinegar, sesame oil and mix cold.





Sparassis crispa
新鲜绣球菌



Sparassis crispa, also known as Hydrangea Mushroom, Cauliflower Mushroom or Brain Mushroom, is a rare edible and medicinal fungus, named for its appearance resembling a hydrangea or cauliflower.

Nutritional Value

Rich in various active ingredients, with the effects of enhancing immunity and anti-tumor.

Dietary Fiber: Promotes intestinal health and regulates blood lipids.

Rich in potassium, magnesium, zinc, selenium, etc. Contains vitamin D (promoting calcium absorption), B vitamins, etc. Contains antioxidants, which can delay aging, scavenge free radicals and protect skin elasticity.



Sparassis crispa has a crispy texture and delicious taste, suitable for a variety of cooking methods.

Stir-Frying/Cold Mixing: Blanch, then mix cold with minced garlic and olive oil, or stir-fry quickly with vegetables.

Soup Making: Simmer with chicken and pork ribs for a clear and delicious soup.

Hot Pot/Blanching: The petals can be blanched for 1-2 minutes after spreading out, with strong juice absorption capacity.

Drying for Tea: Dry in the sun and soak in water to drink, retaining nutrients.

There are various ways to eat sparassis crispa, which can be the main ingredient or a side dish, and you can choose according to personal taste!



Agaricus blazei

新鲜姬松茸

Also Known As: Brazilian Mushroom, Small Pine Mushroom
Classification: Basidiomycota, Agaricaceae, closely related to Agaricus bisporus
Characteristics: The cap is initially hemispherical and then flattens, with a pale brown surface, and the stipe is white and thick, with an almond-like fresh fragrance.

Nutritional Value

Rich in protein, various amino acids, minerals and active polysaccharides. Traditionally, it is believed to have the effects of enhancing immunity and relieving fatigue. Effectively regulates immunity and improves the body's immunity.

Effectively resists oxidation, scavenges free radicals and delays cell oxidative damage.

FOOD TEMPTATION

Fresh Agaricus blazei mushrooms are delicious in taste and rich in nutrients, and they are a kind of ingredient that combines both deliciousness and health.

Pretreatment: Rinse gently with running water (do not soak), and cut off the lignified part at the bottom of the stipe.

Classic methods:

Japanese Dobin Mushi: Steam with shrimp and ginkgo to highlight the fresh flavor.

Chinese Style Soup: Simmer with old chicken/pork ribs for 2 hours, the soup is golden yellow.

Pan-Frying: Fry on both sides over low heat with olive oil until slightly browned, and sprinkle with rock salt.



Sparassis crispa

新鲜猴头菇

Fresh Hericium erinaceus is a nutritious edible fungus with a unique taste, named for its appearance resembling a monkey's head.

High-quality Hericium erinaceus is milky white or pale yellow in color, with a fluffy and dense surface (uniform and intact spines), a full and firm feel, and can rebound when pressed lightly.



Nutritional Value

Clinical studies have shown that Hericium erinaceus extract can reduce gastric acid secretion and protect the gastric mucosa (suitable for patients with chronic gastritis).

Hericerin can stimulate the regeneration of nerve cells, and the polysaccharide components can inhibit the proliferation of cancer cells by activating immune cells. It can assist in controlling diabetes.





Hericium Erinaceus Stewed Soup:

Tear Hericium erinaceus into small pieces and blanch, blanch meat to remove blood foam. Put pork ribs and Hericium erinaceus into a casserole, add ginger slices and water, and simmer over low heat for 1.5 hours. Add salt to taste before serving, the soup is sweet and the mushroom aroma is strong.

Braised Hericium Erinaceus (Vegetarian Version):

Tear Hericium erinaceus into florets, blanch and squeeze dry, coat with starch and fry until golden brown. Sauté green onions, ginger and garlic until fragrant, add light soy sauce, oyster sauce and sugar to season, add water and simmer for 5 minutes to collect the sauce. (Tastes similar to braised pork, suitable for vegetarians)



Cantharellus cibarius

新鲜野生鸡油菌

Shape: The cap is trumpet-shaped or funnel-shaped, with irregular wavy edges.

Color: Bright apricot yellow to golden yellow, named for its similarity to chicken fat, and the color is more bright when wet.

Aroma: Emits a strong fruity fragrance, often described as the aroma of dried apricots.

Nutritional Value

Rich in vitamins, which can improve eyesight and skin health. Rich in minerals. It is a natural antioxidant that can effectively delay human aging. Low in calories and high in dietary fiber, suitable for a healthy diet.

Taste and Flavor: Unique mushroom flavor, firm and tough flesh, smooth and tender after cooking. Delicious with fruity flavor and a slight peppery taste, suitable for enhancing freshness.

It can be used in a variety of cooking methods, such as stir-frying (paired with garlic and butter), stewing (simmered with chicken and cream), Italian risotto or egg rolls and other delicious dishes.





FOOD TEMPTATION



FOOD
TEMPTATION
美食诱惑









Tremella aurantialba

新鲜金耳菌

Common Names: Golden Tremella, Yellow Ear, Golden Ear

It is brain-shaped or petal-shaped, with a smooth or slightly wrinkled surface, and the color is bright golden yellow to orange yellow. The texture is colloidal, soft and elastic when wet, and shrinks and hardens when dried.

Nutritional Value

It is flat in nature and sweet in taste, moistens the lungs and relieves cough, nourishes yin and beautifies the skin, and is often used to treat consumptive cough. It has immune regulation, antioxidant and other effects. Contains a variety of essential amino acids , potassium, iron, zinc and vitamin D substances. Rich in dietary fiber, promoting intestinal health.

Recommended Recipes

Pretreatment: Rinse gently with water, remove the residual lignin at the root, and tear into small pieces.

Golden Tremella Soup: Simmer with red dates and wolfberry, add rock sugar to taste.

Cold Golden Tremella: Blanch, then mix with shredded cucumber, vinegar and chili oil.

Vegetarian Stir-Fried Golden Tremella: Stir-fry quickly with asparagus and lily to highlight the smooth taste.





Tremella fuciformis
新鲜银耳

Fresh tremella, also known as the undried state of tremella, has a shorter shelf life but a more tender and smooth taste compared to the common dried tremella.

Appearance: Milky white or pale yellow, translucent colloidal, shaped like a hydrangea or chrysanthemum, with a smooth and elastic surface. The texture is moist and soft, rich in colloid, and the taste is smooth and tender after cooking, and it is easier to produce colloid than dried tremella. It has a light fresh fragrance.

Nutritional Value

Tremella polysaccharide is its main active component, which has antioxidant and immunity-enhancing effects.

Promotes intestinal peristalsis and helps digestion.

Can moisturize the skin and beautify the face.

Contains minerals such as potassium, phosphorus, calcium and iron, as well as a small amount of vitamin D and B vitamins.

Edible Methods

Tremella Soup: Simmer with red dates, wolfberry, lotus seeds, etc., and form a thick dessert after producing colloid.

Cold Mixing: Blanch, add cucumber and shredded carrot, and mix cold with vinegar and soy sauce.

Stir-Frying: Stir-fry with lily and asparagus for a smooth taste.

Drinks: Break into pieces and make milkshakes or syrup with milk and fruits.



Sarcodon imbricatus
新鲜野生虎掌菌

Wild black tiger paw mushroom, also known as Zhangzi mushroom and tiger paw mushroom, is a rare edible fungus, named for the scaly patterns similar to tiger paws on the surface of the cap.

The cap is grayish-brown or dark brown, with dense scales on the surface, curled edges, and flattened like an umbrella when mature. The flesh is thick, crispy and tender, white or pale yellow when cut. The stipe is short and thick, often with longitudinal stripes.

Nutritional Value

Rich in protein, various amino acids, minerals and active polysaccharides. Traditionally, it is believed to have the effects of enhancing immunity and relieving fatigue. Effectively regulates immunity and improves the body's immunity. Effectively resists oxidation, scavenges free radicals and delays cell oxidative damage.

Edible Methods

Wild black tiger paw mushroom has a unique flavor and thick flesh, suitable for a variety of cooking methods.

Black Tiger Paw Mushroom Stewed Chicken: Simmer with local chicken to double the fresh flavor.

Stir-Fried Black Tiger Paw Mushroom: Pair with green peppers and bacon to highlight the mushroom aroma.

Rehydration of Dried Products: Dried mushrooms have a more concentrated flavor, suitable for making soup.





Thelephora ganbajun
新鲜干巴菌

Thelephora ganbajun (scientific name: Thelephora ganbajun), also known as Ganba Leather Fungus and Sparassis Crispa, is a rare wild edible fungus. Thelephora ganbajun has a strong aroma and unique taste, known as the "nobleman among wild mushrooms", and is one of the top ingredients in Yunnan cuisine.

Nutritional Value

Thelephora ganbajun is rich in various nutrients and is known as "mountain treasure":

The content is higher than most vegetables, containing a variety of essential amino acids. Rich in dietary fiber to promote digestion. Rich in minerals such as potassium, iron, zinc and selenium, as well as B vitamins and vitamin D. Contains polysaccharides, which may have antioxidant, immunity-enhancing and other effects.

The deliciousness of Thelephora ganbajun needs to be released through appropriate cooking. Common methods:

Stir-Fried Thelephora Ganbajun:
Stir-fry with green peppers, garlic, ham or bacon to highlight the mushroom aroma.

Thelephora Ganbajun Fried Rice:
Stir-fry with rice, the aroma penetrates every grain of rice.

Thelephora Ganbajun Stewed Chicken:
Simmer slowly with local chicken, the soup is fresh and mellow.

Cold Thelephora Ganbajun:
Blanch, add seasonings and mix cold for a crispy taste.



FOOD TEMPTATION

Fresh Thelephora ganbajun have a rich and unique mushroom aroma, which is similar to the fragrance of a pine forest, fresh and natural.

Leccinum
新鲜老人头菌



Old man head mushroom is an edible wild fungus belonging to the Boletaceae family.

Common Name: Named because the surface of the cap is rough and the stipe is covered with dark scales, resembling the scalp of an old man.

Nutritional Value

The protein content is relatively high, close to that of meat, and contains a variety of essential amino acids, which helps to enhance immunity and promote tissue repair.

Rich in fungal polysaccharides and dietary fiber, which can regulate intestinal flora, promote digestion and prevent constipation.

Rich in B vitamins, participating in energy metabolism and maintaining the health of the nervous system.

Promotes calcium absorption, beneficial to bone health.

Contains a variety of minerals, which can regulate blood pressure and muscle function, assist in hematopoiesis and enhance immunity.

Has potential effects such as antioxidant, anti-tumor and immune regulation,and can lower cholesterol.





Stir-Frying Ingredients: Can be stir-fried with green peppers, red peppers,garlic moss, meat slices, etc.

Soup Making Ingredients: Can be simmered with chicken, pork ribs, pigeons,etc., and can also add some mushrooms such as shiitake mushrooms and tea tree mushrooms to increase the fresh flavor.

新鲜野生奶浆菌
Lactarius volemus



Common Names: Milk Mushroom, Milk Juice Mushroom, Cow's Milk Mushroom (named because it secretes milky white juice when injured)

Flesh: White, thick, exuding a lot of white or pale yellow milk when damaged (may turn brown when exposed to air). The flesh is thick, with a slight milk fragrance after cooking, and a smooth and tender taste.

Nutritional Value

Immune Regulation: Activates macrophages and enhances immune function.
Antioxidant: Scavenges free radicals and delays cell oxidative damage.
May participate in the regulation of cholesterol metabolism and has anti-inflammatory potential.
Certain proteins contained in its milk have an inhibitory effect on bacteria.



Stir-Frying Method: Heat oil to sauté garlic slices and chili, add Lactarius volemus and stir-fry quickly over high heat, add salt to taste, and sprinkle with chopped green onions before serving. Retains the original flavor and has a smooth taste.

Soup Making Method: Simmer with chicken, pork ribs, etc., or make vegetarian soup with tofu and green vegetables. Simmer for 15-20 minutes. The soup is delicious and the mushroom aroma is strong.

Cold Mixing Method: Tear the blanched Lactarius volemus into strips, add coriander, minced garlic, chili oil, vinegar, etc., and mix cold. Ensure it is fully blanched and avoid eating raw.

Dry Stir-Frying Method: Stir-fry over medium-low heat until slightly browned, add Chinese prickly ash and dried chili to enhance the flavor, with a crispy taste.



新鲜野生谷熟菌
FEATURED THEMES

Wild fresh Russula senecis (also known as Gu Huang Jun, Huang Si Jun, etc., the name may vary by region) is a nutritious and delicious wild edible fungus. The flesh is white to pale yellow, crispy and tender

Nutritional Value

Russula senecis is rich in various nutrients and has high edible and health value:
Protein: High content, containing a variety of essential amino acids.
Vitamins: Rich in B vitamins, helping to enhance immunity and improve eyesight.
Minerals: Contains a variety of minerals needed by the human body, helping to regulate metabolism and resist oxidation.
Active Ingredients: Contains polysaccharides and carotenoids, which have antioxidant and immunity-enhancing effects.



It has a unique apricot or fruity fragrance, and the fresh flavor is strong after stir-frying. Tender, smooth and crispy, slightly tough after stewing.
Common eating methods:
Stir-Frying: Pair with garlic and green peppers to highlight the original flavor.
Soup Making: Simmer with chicken and pork ribs to double the fresh flavor.
Dry Stir-Frying: Make into spicy flavor, suitable for drinking with alcohol.
Making Mushroom Oil: Fry slowly with oil and preserve for long-term use.

Russula
新鲜野生红菇



Scientific Name: Russula genus, including multiple species such as Russula vinosa and Russula alutacea.

Appearance: The cap is bright red, pink or purple-red (some species turn yellow after fading), 5-15 cm in diameter, smooth or slightly sticky surface; the gills are white to creamy yellow; the stipe is short and thick, white or slightly red.

Nutritional Value

Russula contains polysaccharides, amino acids and trace elements (iron, zinc), which can improve nutritional anemia. Rich in protein and minerals.
Rich in antioxidant substances such as vitamin E, which can delay cell oxidative damage and reduce skin aging.

Edible Methods:
Suitable for soup making (such as Russula chicken soup), stir-frying or steaming, with a sweet taste and woody fragrance. It is versatile in cooking and nutritious and delicious.







Sarcodon imbricatus
新鲜露水鸡枞菌



Dew Termitomyces Albuminosus, scientific name Oudemansiella oospora. Tender, fragrant, delicate in flesh and unique in taste. The stipe is crispy and delicious, and can be eaten raw or cooked. It is a rare delicacy on the dining table. Fresh mushrooms are suitable for a variety of cooking methods, such as stir-frying, cold mixing, soup making, hot pot, steaming, frying, etc.; dried products are mainly used for soup making and hot pot.

Nutritional Value

Protein: The protein content is higher than that of general vegetables, close to that of soy products, and it is a high-quality source of amino acid food. It is also rich in polysaccharides, calcium, iron and other nutrients, and has the effect of lowering blood pressure.

Edible Methods

Dew Termitomyces Albuminosus has a unique flavor and thick flesh, suitable for a variety of cooking methods.

Dew Termitomyces Albuminosus Stewed Chicken: Simmer with local chicken to double the fresh flavor.

Stir-Fried Dew Termitomyces Albuminosus: Pair with green peppers and bacon to highlight the mushroom aroma.

Fried Dew Termitomyces Albuminosus: Crispy taste and more concentrated flavor.

Fresh Termitomyces albuminosus

新鲜野生鸡枞菌



Scientific Name: Termitomyces albuminosus, taxonomically belonging to the genus Termitomyces of the family Lyophyllaceae.

Flesh: White, thick, delicate in texture, fresh, sweet, crispy and fragrant.

Nutritional Value:

Termitomyces albuminosus contains relatively rich polysaccharides, which have various physiological activities such as lowering blood sugar, lowering blood lipids, anticoagulation and antiemetic. It also contains rich mineral elements and vitamins, which can provide the human body with essential minerals and vitamins, and guarantee the normal functions of the body.

It has the effects of invigorating the spleen and replenishing qi, appetizing and refreshing the mind, relieving pain and reducing swelling. It can also prevent intestinal cancer, lower blood pressure, and enhance human immunity. It is an ideal product for preventing and treating loss of appetite and edema.



Edible Methods:

There are various ways to eat it. It can be used as a single ingredient for dishes, or paired with vegetables, fish, meat and various mountain and sea delicacies. It can be stir-fried, fried, pickled, pan-fried, mixed, braised, roasted, stewed, steamed or made into soup. No matter which method is used, the taste is very delicious .



Oudemansiella raphanipes

新鲜黑皮鸡枞菌

Scientific Name: Oudemansiella raphanipes, also known as Shui Ji Zong, Cao Ji Zong, Oudemansiella radicata, Da Mao Cao Jun, Chang Gen Jin Qian Jun, Lu Shui Ji, etc., belonging to Basidiomycotina, Hymenomycetes, Agaricales, Tricholomataceae, a type of Oudemansiella radicata, with the trade name "Black-Skinned Termitomyces Albuminosus".



Nutritional Value:

Helps regulate gastrointestinal function and enhance appetite, suitable for the weak, the elderly and those with poor appetite.

Improves immunity, can enhance the body's immune function, improve physical resistance and help prevent diseases.

In modern medical research, it has been found that black-skinned Termitomyces Albuminosus can prevent intestinal cancer to a certain extent, lower blood pressure, and treat chronic diarrhea and edema.

Delicious Taste: The flesh is tender, with a unique taste that melts in the mouth, and a faint fresh fragrance. Its effect of enhancing freshness is far better than that of monosodium glutamate. Whether it is stir-fried, steamed or made into soup, the taste is very delicious.

Various Cooking Methods: Can be stir-fried to maximize the retention of its original flavor; can be simmered with chicken, pork ribs, etc., so that the ingredients absorb each other's aroma, and the soup is fresh and delicious; can be cut into thin slices and mixed cold with other vegetables, refreshing and delicious; can also be made into fillings and wrapped into dumplings or buns to increase the fresh taste.