

Nutritious, Delicious, Wisconsin!

MUSHROOM - NCEB



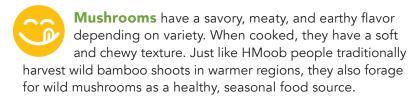




HMoob Varieties

- Oyster, Nceb
- Snow/White Mushroom Fungus, Nceb Dawb
- Black Fungus also known as Wood Ear or Tree Ear Fungus, Nceb Ntswm
- Enoki Mushroom, Nceb
- Termitomyces Mushrooms, Nceb Laug Qaib Note: These are commonly found in the wild in tropical regions of Asia, but they can also be grown in greenhouses.

TASTE & TRADITION



RECIPE

HMoob Mushroom Soup (Nceb Hau)

Ingredients

- Mushrooms

 (e.g. oyster, wood ear, enoki, etc.)
- Water
- 1 teaspoon salt
- Optional: chili pepper

Directions

- 1. Bring a pot of water to a boil.
- 2. Add your choice of mushrooms (use one variety or a mix). Simmer for 5-8 minutes.
- 3. Add salt and stir.
- 4. Serve this light and nourishing soup over steamed rice!





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