

PRODUCT NAME: sliced Shiitake mushrooms

INGREDIENTS: dried Shiitake (*Lentinus edodes*) mushrooms

SHELF LIFE: 18 Months

RECOMMENDED STORAGE CONDITIONS: Store in a cool, dry and dark place.

After opening: during summer, or for long storage, recommend to place them in a tightly sealed bag, and store in the refrigerator or freezer.

PREPARATION: Wash lightly with cold water (gently dust off) , immerse in lukewarm water for 20 minutes. Or in cold water, keep in the refrigerator for overnight. Squeeze excess water out of the mushrooms, cut off the end of its stem, cut into desired sizes for cooking. You can judge the readiness when the end gets soft. Use up what you have reconstituted. Do not eat without reconstitution or cooking. About 5-8 times more in weight after reconstitution.

For macrobiotic cooking, you might want to use whole, not to cut off the end.

Cooking Tip: For Shiitake dashi broth, put used soaking water into a pan, bring to boil. Skim off foam on the surface, strain the liquid. Great to use with Kombu dashi broth.

SHIPPING SIZE

RETAIL	25g bag x 12 x 8 carton
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NUTRITION ANALYSIS

Per	100g
Energy	1259kJ/302kcal
Fat	4.2g
of which Saturates	1.1g
Carbohydrate	21.7g
of which Sugars	<0.2g
Fibre	36.5g
Protein	26g
Salt	0g