

Mushroom pickle technology

The Industrial Technology Institute (ITI), Sri Lanka, has developed and transferred know-how for manufacturing three types of mushroom pickles. Pik Lanka Products now manufactures pickled mushroom village style, pickled mushroom malay style and pickled mushroom hot garlic and prawn, the latter is ideal for barbecue type cooking. Apart from their distinctive flavour and exotic mouth-feel, mushroom is popular as a potent protein source. While dried mushrooms have a protein content of about 35 per cent, the fresh ones contain 3-4 per cent. They are also an excellent source of riboflavin (vitamin B2), and nicotinic and pantothenic acid. The mineral content of mushrooms is generally higher than in many fruits and vegetables. *Contact: Industrial Technology Institute, 363, Baudhaloka Mawatha,*

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