



Some products made from fourteen species of wild and cultivated mushrooms

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INTRODUCTION

Mexico is considered a megadiverse country with different genetic resources of edible and medicinal mushrooms. They have great potential and different properties than other food products. They are a source of protein, vitamins (A, B1, B2, B6, B12, C, D2, D3, niacin pro-vitamin D2), minerals (Fe, K, P, Cu, Se, Ca, Mg, Mn and Zn), dietary fiber, low in fat and digestible carbohydrates. Likewise, it exhibit anticancer properties, antibiotic, antioxidant, cholesterol and hypertension reducer, antithrombotic, and antidiabetic, among others. The preventive and therapeutic effects of its components and modes of action have been documented across different biological systems.

MATERIALS AND METHODS

At present, the development of new products based on mushrooms in this country is emerging as a new alternative in regard to this type of products. All were developed in the laboratory of Ethnobotany in the subject Applied Mycology.



Blue jelly



Chicken pate with blue mushroom



Lactarius indigo
Wild blue mushroom



Ganoderma curtisii
reishi culture



Cofee grain with reishi



Blue mushroom
sweet cheese



Blue mushroom
yogurt



Blue mushroom
mayo



Reishi soap



Reishi Shampoo



Oyster mushroom, Huitlacoche mushroom, Champignon and Shiitake
mayonnaise

RESULTS

In the Laboratory of Ethnobotany UAEH were developed 23 products based on mushrooms: jams, facial cream, ointment, stuffed cheese, traditional drink, seasoning, choco-amaranth, sausage, terrine, crowbars, bread puff pastry stuffed mushrooms, coffee, tea, tortillas, fortifying drink, pickled mushrooms, ice cream, yogurt, salad dressings, mayonnaise, shampoo and soap. All of them with 14 species, five macroscopic commercially cultivated: *Agaricus bisporus*, *Pleurotus ostreatus*, *Lentinula edodes*, *Pleurotus djamar* and *G. curtisii*; one microscopic: *Saccharomyces cereviceae*; five medicinal wild and cultivated: *Pleurotus ostreatus*, *Ganoderma curtisii*, *G. applanatum*, *G. brownii* and *Pycnoporus sanguineus*; five edible wild: *Ramaria botrytis*, *Boletus edulis*, *Ustilago maydis*, *Lactarius indigo* and *Lepista nuda*. In Mexico there has been a growing demand for products derived from fungi therapeutic and disease prevention purposes, however, is its latest generation which should be promoted by the development of rigorous processes based on established standards, to evaluate their nutraceutical and nutriceutical potential category, labeling, quality control, safety, marketing, as well as linking with educational institutions to provide scientific evidence (chemical, biochemical, genomic, clinical, epidemiological) to support their properties before hitting the market. Training of students will support scientific, technological, social, humanistic, and the country's innovation for develop of products. In recent years it has been recognized that the Kingdom Fungi contains a wide range of properties and biochemical pathways by which promising for mycology, which is currently considered a Megascience future looks.



Pasta with wheat and
oyster mushroom



Tea with oyster
mushroom and strawberry



Pleurotus ostreatus
Oyster mushroom culture



Soy beverage with oyster
mushroom



Cornmeal with oyster
mushroom
to elaborate "tortilla"



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