

# NEMF 2003 Mycophagy Tasting Session

## Morel Pinwheels

Makes 8 doz.

18oz rehydrated morels finely chopped  
5 tbs. butter  
2 cups fine chopped onion  
2 tbs. AP flour  
1 ½ tbs. dried thyme  
½ tsp. salt  
¼ tsp. pepper  
1 tsp. fresh lemon juice  
1 ½ packages (17 ¼ oz each) frozen puff pastry  
(6) sheets, thawed  
1 eggs lightly beaten  
1 tbs. water

Cook mushrooms and onions in a hot skillet with butter until mushrooms tender and liquid evaporated. Stir in flour, thyme, salt, pepper and lemon juice. Stir while cooking until thickened. Cool mixture. Unfold pastry sheet on a lightly floured surface. Spread 1/3 mixture over the surface of the sheet, roll up from one side to make a roll. Repeat with other two sheets. Chill 1 hour. Preheat oven to 400. Cut pastry rolls into ¼ inch thick slices. Place on un-greased baking sheet, 1 inch apart. Stir egg and water in a bowl and brush on slices. Do not let the egg wash drip down the sides. Bake 15 minutes until golden brown. Serve warm.

## Sulphur Shelf Snack

2 cups cleaned sulfur shelf mushroom pieces  
1 tbsp. chopped onion  
2 tbsp. butter  
¾ cup chicken broth  
1 clove garlic, finely chopped  
½ cup sour cream  
1 tsp. salt  
2 tbsp. chopped parsley

Saute the onion in butter for 2 minutes, add the mushrooms, and stir until the butter is absorbed. Add the broth, and cook 15 minutes or until the mushrooms are tender. Add the garlic, sour cream and salt. Stir until well blended over low heat. Sprinkle with parsley. Serve with your favorite crackers.

## Clay's Mexican of the Woods Corn Bread

1 cup cubed Sulfur shelf cooked till tender in butter, cooled  
corn bread mix (enough for 12 muffins)  
2 tbs. Ground Roasted chili peppers (Pasilla or Chipotle)  
8 oz. cream cheese  
1 pint sour cream  
3 tbs. Mexican spice mix



Make up the corn bread mix as per the instructions with the following changes. Mix in the sulfur shelf and the powdered chili into the dry ingredients before mixing in the wet ones. Then bake as per instructions. Cool the muffins. Mix together the cream cheese and sour cream and mex spices. Spread over muffins like frosting.

## Clay's Oriental Meat balls

Meat balls:

¾ cup partially rehydrated Shitake mushrooms, chopped (just damp enough to cut)  
4 lbs. ground pork  
¾ cup finely chopped green onions (scallions)  
2 cloves pressed garlic  
1.5 tbs. finely chopped crystallized ginger  
1 tsp. ground Szechwan pepper corns (substitute black)  
1.5 tsp. white pepper  
2 tsp. Salt  
2 tsp. Toasted sesame seed oil  
1.5 tbs. toasted sesame seeds  
1.5 tbs. finely chopped tiger lily buds (optional)  
Approx. 2 cups panko crumbs  
2 eggs

Sauce:

4 tbs. Rice wine (substitute white wine)  
Glutinous Rice flour to roll balls in  
4 tbs. Black bean and garlic paste  
1.5 qt pork stock

Mix the meat ball ingredients well. Use the panko crumbs as needed for the moisture level of the mix. Roll meat mixture into small balls and roll them in the rice flour to lightly coat, set aside. Heat up a very lightly oiled fry pan, and fry the balls turning regularly until golden brown all over. You may have to do this in two batches, depending on the size of your pan. Deglaze the pan with the wine. When wine reduced by half add the stock and bring to a simmer. Move the meatballs to the outside of the pan. Stir in the bean paste and mix well. Simmer gently to reduce liquid to a very thick coating on the meatballs. Try to keep the meatballs to the outside of the pan, and baste with the thickening sauce regularly. Serve warm.

Mushroom tasting???

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## Progy's Polish Kapusta Soup

### (Cabbage Soup w/dehydrated Honey Mushrooms-Podpinkki)

Makes approximately 3 quarts.

(Depends upon the size of the cabbage head)

- 1 head cabbage (shredded medium size)
- 1 small can (8 oz) sauerkraut, but do not drain out the liquid
- 1 large bay leaf
- 1 cup dried honey mushrooms, re-hydrated, chopped
- Several (3-5) peppercorns
- 1 tbs. salad oil
- 2 tbs. bacon grease
- 1 tsp. salt
- 1 tsp. white vinegar
- 1 medium to large size garlic clove (diced)
- 1 medium size onion (chopped)
- ¼ cup ketchup
- 1 tbs. Flour
- 1 tbs. Butter or oleo
- 2 tbs. water

Hydrate dried mushrooms (Honey Mushrooms) in water. Cover the cabbage with enough water and boil for ½ hour. Add mushrooms and continue boiling (uncovered) until cabbage is soft (Approx. ½ hour). Add: salad oil, bacon grease, salt, white vinegar, garlic and onion. Keep boiling until cabbage is tender, (Approx. ½ - 1 hour). Add ketchup and boil for 15 minutes. Lightly brown flour in a small frying pan in the butter. Add water and 2 tbs. of cooled soup from cabbage mixture. Wisk the ingredients together until smooth then add this mixture to the soup and stir often for 15 minutes, while boiling.

Prior to serving, taste the soup to ensure that the cabbage is completely cooked (soft). The total cooking time should be 2-3 hours (the longer the better and it even tastes better the next day, after refrigeration overnight). Serve with buttered rye bread and Enjoy!

## Liz's Black Trumpet Cracker Spread

- 1/3 cup dried crumbled black trumpets
- 1 1/2 Tbsp. butter
- 8 oz. softened cream cheese
- 2 tbsp. chopped chives

Place the dried mushrooms in a flat bowl. Pour a minimal amount of boiling water over the mushrooms. Soak for about 15 minutes. Melt butter in a small skillet. Add the reconstituted mushrooms and the liquid. Sauté over medium heat until most of the liquid has evaporated. The flavor from the liquid remains. (I add a dash of soy sauce and 1/8 cup cooking sherry at this point.) Add the mushrooms, the liquid and the chives to the softened cream cheese and blend well with a fork.

Refrigerate for at least one hour. (Overnight is better.)  
Serve with your favorite crackers.

## Mushroom Stuffing

- 3 1/4 cups canned low salt chicken broth
- 1 oz. dried porcini mushrooms, rinsed
- 6 tbs. butter
- 2 cups chopped onion
- 1 cup chopped celery
- 2 1/2 tsp. dried marjoram
- 1 tsp. dried thyme
- 3/4 pound shitake, stems discarded, caps coarsely chopped
- 3/4 pound crimini, stems discarded, caps coarsely chopped
- 1 1/2 tsp salt
- 8 cups 1/2-inch pieces crustless white bread
- 1/2 cup chopped fresh parsley
- 2 eggs, beaten

Preheat oven 400 degrees.

Boil chicken broth. Add dried porcini, cover and remove from heat. Let stand 30 minutes. Remove porcini from liquid and finely chop. Reserve 1 ½ cups mushroom liquid for gravy base. Butter 13x9 inch pan. Melt 6 tbs. butter, add reconstituted porcini, onion, celery, marjoram and thyme. Cover and cook 10 minutes. Add shitake, crimini and 1 tsp. salt. Cover and cook 5 minutes, stirring occasionally. Uncover and cook on high until most all liquid evaporates and mushrooms brown lightly, approx. 8 minutes. Place ingredients in large bowl. (This may be prepared one day in advance and refrigerated.) Add bread, parsley, remaining 1 ¼ cups chicken broth and ½ tsp. salt to mushroom mixture and stir.

Add pepper. Mix in beaten eggs. Place in foil covered baking dish. Bake 20 minutes, uncover and bake 20 minutes more or until light brown.

