

Cooking Wild Mushrooms

- › For most varieties (see other sheet for morels) :
Yellowfoot chanterelles, Black Trumpets, Fairy Rings 4 min
Common Chanterelles, Hedgehog, Boletes, Oyster mushrooms and Wine Caps 5-6 min
Lobster, Blewits, Polypores, Puff Balls 6-7 min
Woolly Chanterelles (young specimens), 8-10 min

- › **Clean** mushrooms and cut big specimens in smaller pieces.
- › **Sauté at high heat** with a bit of oil (1 Tbsp. For 100g) for 1-2 minutes up until slightly caramelized.
- › **Turn down the heat** and continue to cook for 2-5 min more, as to continue slow cooking and render mushrooms tender inside, adding moisture if necessary.
- › **Finish** with a nut of butter and season to taste with salt & pepper. Other options include garlic, fresh herbs, a touch of lemon juice, cider or balsamic vinegar, tamari, Worcestershire, cream...
- › **Or toss with seasonings** and bake at 400F for 10-15min.

Additional Notes : no mushroom is the same!

- › **Do not crowd the pan** by adding too many mushrooms at once.
- › **Start with a hot pan and sizzling oil.**
- › **Afterwards, adjust the temperature and cooking time according to the mushroom**, depending on firmness and water content. The texture and humidity level of a mushroom depends on variety, but also the conditions in which it was picked, the region, the weather, age etc.
- › **If water accumulates while cooking, continue at high heat and let evaporate** before stirring or adding other ingredients.
- › **For firmer/ dry mushrooms like Lobster and Blewit, it is best to cook slowly over lower heat**, adding water (or other liquid) if necessary.
- › **For tender, moist mushrooms like chanterelles, black trumpets, oyster mushrooms, most boletes, etc. a quick sauté** at high heat is fine. For big specimens or if mushrooms are dry (even for chanterelles or hedgehog sometimes), reduce the heat and cook for a longer time.
- › **When baking, add water or stock to drier varieties or lower oven temp.**