

**MENDOCINO COAST MUSHROOM CLUB PRESENTS**



# MUSHROOM MANIFESTO

**A MYCOLOGICAL INQUIRY INTO DINNER**

CASPAR COMMUNITY CENTER

FRIDAY, NOVEMBER 10, 2017

CASPAR, CALIFORNIA



## JOIN US!

Mendocino Coast Mushroom Club invites you to come meet, play, and socialize with other local mushroomers. We are a fledgling group on the Mendocino coast in northern California. We are currently focused around the Elk to Westport area, but with enough interest, can expand to include the whole coast.

We enjoy mushroom forays, expert speakers, workshops, movies, potlucks, and learning from and exchanging information with each other.

If you are interested in any aspect of wild mushrooms, including finding, identifying, cooking, dying, paper or felt making, photography, cultivation, etc., you are welcome.

### MEMBER BENEFITS:

*Invitations to forays, lectures, and events | Exclusive mushroom recipes  
Discounts on events*

Be in the loop on mushroom news along the Mendocino Coast!

To join, fill out the simple membership form at

*[mendocinocoastmushroomclub.weebly.com](http://mendocinocoastmushroomclub.weebly.com)*

Find us on Facebook: *[facebook.com/mendocinocoastmushroomclub](https://www.facebook.com/mendocinocoastmushroomclub)*

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COVER ILLUSTRATION: *Turbinellus floccosus* — WOOLY CHANTERELLE

# RECIPES FROM THE MENU

## *Appetizers*

Sea Palm & Black Trumpet Salad\*

House-baked Focaccia with Three Mushroom Spreads\*

Dried Porcini and Candy Cap French Onion Dip

Chanterelle Tapenade

Chanterelle Pesto

## *Soups*

Tom Kha Soup\*

Cream of Porcini Soup

## *Entrees*

Pork Duo with Mixed Mushrooms

Candy Cap Brined & Braised Pork Belly  
and Morel Butifarra Sausage

Homemade Potato Gnocchi with Porcini Chestnut Purée\*

## *Desserts*

Forager's Candy Cap Shortbread\*

Triple-Layer Truffles with a Cacao-Date-Nut Crust, Candy Cap  
Butter Cream Mantle, and Chocolate Ganache Core\*

Wild Huckleberry Cobbler with Candy Cap Whipped Cream\*

## *Libations*

Candy Cap Chai

Mint and Candy Cap Tea

\* Vegetarian

### MUSHROOMS FEATURED IN THE RECIPES:

*Boletus edulis* / *Boletus rex-veris* — King Bolete, Porcini, Spring  
King, Cascade Bolete, Cep, Penny Bun, Gamboni

*Lactarius rubidus* / *Lactarius rufulus* — Candy Cap, Curry Milkcap

*Morchella angusticeps mixed complex* — Morel, Black Morel

*Craterellus cornucopioides* — Black Trumpet, Black Chanterelle  
Horn of Plenty

*Cantharellus cibarius* / *Cantharellus formosa* — Chanterelle, Girolle,  
Pfifferling, Capo Gallo

*Gomphidius subroseus*



glutinous surface

under Douglas fir

*Boletus edulis*  
under conifers/oaks



stuffed pores

*Ramaria formosa*



Coral

turns salmon with age

# SEA PALM & BLACK TRUMPET SALAD

*Elle Matthews, Seth Johnson, and Anthony Michael Blowers*

Locally foraged seaweed: sea palm, wakame or sea lettuce are best

Black trumpet mushrooms

Green onions

Pickled vegetables

Rice wine vinegar

Sesame seed

Soy sauce

Select quantities to taste.

If not fresh, rehydrate seaweed, cook, mince and combine with cooked minced black trumpets. Add other ingredients and toss.

Be aware that louder flavors may mute the black trumpet. Experiment and see what is most pleasing to the palate.





# DRIED PORCINI AND CANDY CAP FRENCH ONION DIP

*Alison Gardner and Merry Winslow*

Makes about 2½ cups

¼ cup crumbled dried King Bolete (porcini)

¼ cup white wine or hot water      3 to 5 candy caps, powdered

½ yellow onion      2 cups sour cream

2 tablespoons butter      ½ teaspoon salt or to taste

Soak the porcini in the wine or water until hydrated or overnight (length of time depends on thickness and texture of dried mushroom; if the mushroom is thin, ½ hour should suffice).

Slice the onion thinly, and chop finely, or run it through a food processor. The soaked mushroom may also be added to the food processor, if it is too coarse. Sauté the onion and mushroom in a frying pan, in the butter, over medium heat, stirring frequently, until the onion becomes translucent and begins to turn golden. Turn the heat down a little when necessary, so as not to burn the onion, and continue sautéing until the onion is golden brown to tan. Some darker pieces are fine. Stir in the powdered candy cap, then turn off the heat. Put a lid on the pan and allow it to cool.

When cool, stir the mushroom and onion mixture into the sour cream, and stir in salt to taste. If you prefer it a little sweeter, you may add a teaspoon of brown sugar. For a thicker spread, use 1 cup sour cream and 1 cup cream cheese.



# CHANTERELLE TAPENADE

*Alison Gardner and Merry Winslow*

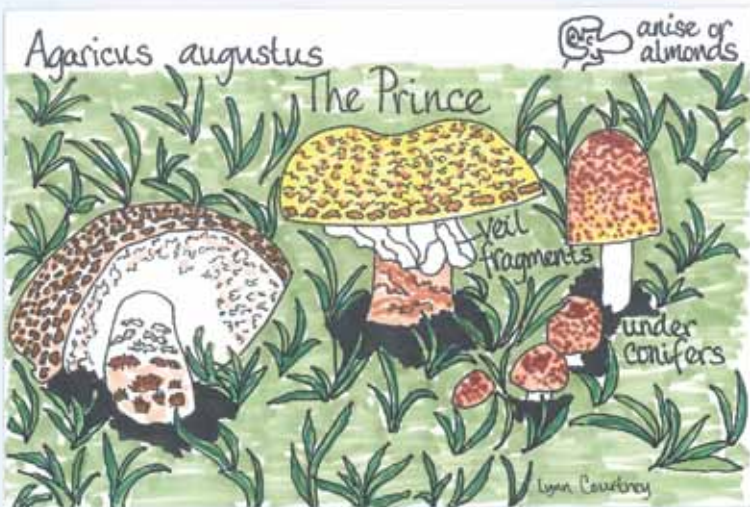
Makes 3 to 4 cups

2 cups fresh chanterelles  
½ cup red onion, chopped  
1 pimento pepper  
or ½ red bell pepper  
½ cup pitted Kalamata olives  
4 cloves garlic

1 tablespoon dried basil  
3 anchovy filets (optional)  
¾ cup butter  
¾ cup olive oil  
1 teaspoon thyme  
¼ cup capers

Chop the mushrooms and sauté in a tablespoon of the butter until they release their water and the water has evaporated from the skillet. Sauté one minute more.

Put all ingredients into a food processor and process until minced and well mixed, stopping before it turns into a paste. Serve on pasta or spread on crackers, use as a sandwich spread, or serve on vegetables or meats. May be frozen in small batches for later use.



# CHANTERELLE PESTO

*Alison Gardner and Merry Winslow*

Makes 2 ½ to 3 cups

½ cup nuts (cashews, walnuts, almonds, hazelnuts, or pine nuts)

¼ red onion

2 cloves garlic

½ cup grated Parmesan cheese

1 cup fresh basil leaves (packed)

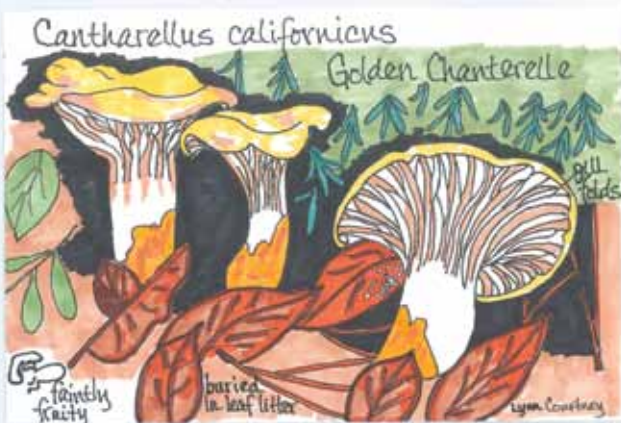
1½ cups chanterelles

¼ cup olive oil

¼ teaspoon salt

In a food processor chop the nuts, onion, and garlic until it attains the consistency of coarse meal. (If using pine nuts, process only the onion and garlic and add the nuts whole.) Put nut mixture into a bowl and add the grated parmesan cheese. Process the basil leaves until they are finely chopped and add them to the bowl with the nut, garlic and onion mixture. Then stir in the salt and olive oil.

Rough chop the chanterelles and dry-sauté them until their moisture exudes and evaporates. When mushrooms are done, run them through the food processor until they are smooth and then stir them into the pesto mixture. Serve immediately over hot pasta, or use as a spread on bread or crackers.





# TOM KHA SOUP

*Thomas A. Jelen*

Makes 6 generous servings

|  |   |
|--|---|
| 1½ heaping tsp coconut oil   | 1 bag baby carrots, cut in half   |
| 2 lb fresh or ½ lb dried and rehydrated black trumpet mushrooms (Craterellus cornucopioides) | 2 stalks lemongrass, chopped  |
| 1 small head of garlic or 8 large cloves, chopped  | 1 bunch baby bok choy, rough chopped  |
| 1 big yellow onion, sliced   | ½ small savoy cabbage, rough chopped  |
| 1 ½ -2 inches of ginger, grated  | 4 medium firm tomatoes, cut into big chunks   |
| 1 inch galangal, sliced thinly   | 2 quarts deep vegetable broth   |
| 1 tablespoon of Thai green curry paste   | 1 bunch cilantro, chopped   |
| 4 red Thai chilies, chopped  | juice and zest of 1 lime  |
| 2 cans coconut milk;   | dollop of Mae Ploy for sweetness (to taste)   |
| 6-8 deveined kaffir lime leaves  | black pepper & salt to taste (fish sauce is much better, but is omitted in this vegetarian version) |

Heat the coconut oil in a large stock pot until very hot.

Add the mushrooms to the hot oil and cook for a few minutes. If you are using dried mushrooms, you'll need to rehydrate them first. To rehydrate, soak the mushrooms in some of the vegetable broth until they are soft. Squeeze them out, and return the liquid to your vegetable broth.

Add the chopped garlic, onion, ginger, galangal, Thai curry paste, Thai chiles and black pepper to the pot. Cook until the onion is translucent and beginning to brown.

Add the broth, including the liquid from rehydrating the mushrooms and the coconut milk and continue to cook until the coconut milk and broth are well incorporated.

Add the kaffir lime leaves, ¼ to ½ of the cilantro, the carrots, lemongrass, bok choy, savoy cabbage and tomatoes and continue to cook until the carrots are tender. Reduce the heat and stir in the lime juice, lime zest, Mae Ploy, and salt, to taste.

Garnish individual servings with remaining chopped cilantro.

Serve piping hot...Also great served over glass or rice noodles.

# CREAM OF PORCINI SOUP

*Thomas A. Jelen*

Makes 6 servings

*For this soup I like to bake off a whole chicken, then strip all the meat off the bones and roast the bones again until nicely browned. I then use those bones to make a deep broth for the soup. The meat is reserved and added towards the end.*

|  |  |
|--|--|
| ½ stick butter   | 1/8 tsp coriander  |
| 2 Tbsp extra-virgin olive oil  | couple of thyme sprigs, leaves only  |
| 1 heaping cup basic mirepoix of<br>celery, onion, and green pepper   | salt and black pepper, to taste  |
| 1/2–¾ lb dried porcini mushrooms,<br>rehydrated in your chicken<br>broth, mushrooms squeezed<br>out, and liquid reserved,<br>mushrooms chopped | cayenne pepper, to taste   |
| 1 small head or 8 large cloves<br>roasted garlic, smashed up   | 1/8 tsp cardamon   |
| 1 medium yellow onion, chopped   | 2 quarts deep chicken broth  |
|  | 4 big carrots, rough chopped<br>some butternut or acorn squash,<br>rough chopped |
|  | 1 quart cream  |
|  | ¼ tsp grated fresh nutmeg  |
|  | pinch of clove   |
|  | Meat from the chicken, chopped   |

For garnish:

fresh porcini slices, sautéed; 1 tsp smoky paprika

Melt the butter with the olive oil in a large pot, then add the mirepoix, and cook until tender. Add the mushrooms and continue to cook until the mushrooms and veggies start to brown. Add the garlic, onion and all the spices except the paprika, clove and nutmeg, and continue to cook until the onions soften. Add the chicken broth, rehydration liquid, carrots, and squash and cook, stirring regularly, until the carrots and squash are very tender. Then, use an immersion blender to purée the mixture to a smooth consistency. Turn down the heat and add the cream. Bring to nearly boiling—do NOT let it boil hard—then turn off the heat. Grate the nutmeg into the soup, then stir in the pinch of clove and the chicken meat.

To garnish, sauté some fresh slices of porcini until they're just beginning to brown. Float a porcini slice on top of each serving and dust with paprika. Serve with hot, crusty, buttered bread.

*Amanita gemmata*



Warts

white gills

subbulbous base

*Hydnellum peckii*

exudes red droplets

under conifers



lumpy

Knobby

mildly fragrant

Lynn Coatsworth

# PORK DUO WITH MIXED MUSHROOMS

*Chad Hyatt*

## CANDY CAP BRINED & BRAISED PORK BELLY

Serves 8

*Pork belly is perhaps the most luscious, richest cut of meat there is, and this is my favorite way to eat it. You'll have to plan a few days in advance, but it's worth the effort. It doesn't make sense to do a very small piece of meat, but you'll get a few meals for your family from this. Post braising, the pork belly will keep, wrapped well in the fridge for a week. Portion and sear as needed. This versatile preparation works well as the main protein in a meal, or with your eggs for breakfast, or as lardons in a salad.*

4 pound piece of pork belly, skin removed and saved for other use

1 oz dried candy caps, divided to portions of ½ oz and 2 portions of ¼ oz

175g kosher salt

75g granulated sugar

50g brown sugar

½ bottle dry red wine

1 pint unsalted pork or veal stock

2 Tbsp cold, unsalted butter, cut in pieces

Brine the pork belly: Combine the sugars, salt and ½ oz candy caps with ½ gallon of water. Bring to a boil, then turn off the heat, and leave covered for 30 minutes. After 30 minutes, add ½ gallon of ice water.

Submerge the pork belly in the brine. If necessary, place a weight on top of the pork to keep it submerged. Leave the pork belly in the brine, in the fridge, covered, for 18 – 24 hours. Remove belly and discard brine. Pat dry, and let rest uncovered on a rack in the fridge for 2 to 4 hours to dry the surface.

You will likely need to cut the pork belly into 2 or 3 pieces to fit it into a pan. Cook the pieces one at a time, before proceeding.

Heat a large heavy bottomed skillet on a medium flame. When hot, place the pork, fat side down and sear until browned. Flip the belly and cook it meat side down, again searing until browned. Remove pork to a casserole or large, deep baking dish and pour out the rendered pork fat.

With the pan still hot, add the wine, and scrape up any stuck on brown bits. Add  $\frac{1}{4}$  oz candy caps and let the wine reduce by almost half. Add in the stock and bring up to a simmer. Pour the liquid and mushrooms into the pan with the pork belly, cover with parchment, then foil. Make sure the pork belly is in one layer – if necessary, divide into two pans.

Bake in a preheated 350F oven for  $1\frac{1}{2}$  hours or until very tender, but not falling apart.

Carefully remove pork from the pan to cool down. Strain and reserve the liquid in another container. Let the pork belly cool in the fridge for at least 4 hours (overnight is better) to firm up. To portion, cut the pork in  $\frac{1}{2}$ " thick slices.

When cold, scoop the layer of fat off the top of the braising liquid and discard. Add the liquid to a small saucepan, along with the remaining  $\frac{1}{4}$  oz of candy caps. Bring to a boil, and then lower the temp to simmer. Let reduce by about  $\frac{2}{3}$ . Adjust the seasoning with salt, if needed. Remove from heat, and swirl in pieces of cold, unsalted butter. If making the sauce in advance, wait to emulsify in the butter until right before serving.

To finish, heat a heavy bottomed pan on a medium flame. When hot, place the portioned pieces in the dry pan. When lightly browned, turn and brown the other side. Serve immediately, topped with the sauce.





## MOREL BUTIFARRA SAUSAGE

Serves 8-10; can be refrigerated or frozen for future use

*Butifarra is a traditional sausage from Spain with many variations all over the Spanish speaking world. It's usually very simply seasoned and a bit garlicky. This version has a more festive sweet spice to it than most. In the myco-loving culture of Catalonia, many dishes pair different wild mushrooms with butifarra. Why not take it a step further and put the mushrooms right into the sausage?*

*If you don't have a meat grinder, you can mix the ingredients into ground pork. Make sure to chop everything very fine and mix well, as well as to let it rest in the fridge for an hour, so the flavors can come together.*

*Almost any favorite dried mushroom will work in place of morels – I love to use yellowfoot mushrooms.*

4 lbs pork butt, cut into ½' to 1" dice, very cold

35g Salt

4g Black Pepper

½ nutmeg clove, freshly ground

10 Allspice berries, toasted and ground

8 cloves, toasted and ground

1oz dried morel mushrooms

8g garlic, peeled and minced

Hog Casings, optional

Cover the dried morel mushrooms in warm water and let soak until softened, 10-15 minutes. When soft, strain the soaking liquid into a small pan (discarding any grit) and bring to a simmer. Reduce to about ½ cup, and remove from the heat. Cool to room temperature.

Meanwhile, tear the softened morels in half and rinse off any clinging dirt and debris. Sauté the mushrooms in a little oil until thoroughly cooked, then chop them into very small pieces.

Mix the meat, salt, spices, garlic, and chopped mushrooms well in a large bowl. Keep very cold until ready to grind. This can be done up to 1 hour before grinding.

Set up the grinder with a ¼" plate. Grind all of the mix into a large mixing bowl, set on ice.

Add the reduced soaking liquid to the sausage mix. Mix well until the sausage is sticky and thoroughly mixed.

Cook off a small piece in a sauté pan and adjust seasoning if needed.

Optional: If desired, case in hog casings in 6-8" lengths. I rarely case this sausage, as I prefer to crumble it up and sauté as a base for various recipes. The cased sausages, though, are excellent on the grill.



# HOMEMADE POTATO GNOCCHI WITH PORCINI-CHESTNUT PURÉE

*Chad Hyatt*

## GNOCCHI

Serves 6

*The mushrooms will contribute a mild, earthy, background flavor to the pasta itself. You can substitute any dried mushrooms you like or omit the mushrooms entirely.*

2 pounds of Yukon potatoes

2 egg yolks

½ oz dried porcini, ground to powder

Salt to taste

1C flour + more for rolling and cutting the gnocchi

1 recipe porcini chestnut purée (see separate recipe)

¼ cup pomegranate seeds (for garnish)

Bake the potatoes. When done, cut open the top of each potato, and press on the ends to create an opening so steam can escape.

When cool enough to handle, remove the peels. Push potatoes through a ricer or food mill, leaving in a loose mound on your work surface. Let cool for another 5 minutes. Make your dough while the potatoes are still warm, but not so hot that you will cook the egg.

Season potatoes with a generous pinch of salt and the powdered mushrooms. Add the egg yolks to the top of the mound, and sprinkle about 1/2c of the flour over the potatoes. Use one hand to fold the potatoes over on themselves, incorporating the egg and flour, while using the other hand to sprinkle more flour onto the fresh part of the potatoes. After the first few folds, use more flour, but after the dough starts to come together, only add a little bit of flour every few folds where it feels more like mashed potatoes and less like dough. When the dough stops feeling sticky to the touch, it has incorporated enough flour, and the dough is done.

Cut off a fist sized piece of dough. Dust it and your work surface with some flour. Roll out to a smooth long rope about  $\frac{1}{2}$ " in diameter. Cut it into pieces about  $\frac{3}{4}$ " long using a dough scraper or knife.

Gently pick up each gnocchi and roll along the back of a fork, creating an indent with your thumb as you roll. Gently place the finished gnocchi on a floured tray. Don't let the tray get too crowded or the gnocchi will stick together.

Carefully add gnocchi to a large pot of boiling salted water and give a stir. Let the gnocchi cook about 15 seconds after they float to the top. Remove with a slotted spoon or spider to cool on an oiled tray. Repeat until all of the gnocchi are cooked.

Heat the porcini chestnut purée in a large pan. Toss the Gnocchi with the purée until heated through. Garnish with pomegranate seeds (other garnish possibilities are kale and sautéed porcini).

Note: You can substitute 3 ounces of fresh porcini for the dried mushrooms in the recipe. Clean and cut the mushrooms in  $\frac{1}{2}$ " pieces, and sauté until browned on all sides, then set aside. Deglaze with marsala, then set aside while caramelizing the onions. When onions are caramelized, add the chestnuts and mushrooms (with any liquid), and add 2 cups of water. Simmer and finish the recipe as above.



# PORCINI-CHESTNUT PURÉE

Serves 6

*The sweet nuttiness of chestnuts marries beautifully with earthy porcini, and in Italy and Spain, where porcini grow with chestnut trees, the two are often paired. This rich flavored purée works well with all kinds of meats, and as a sauce for pasta. You'll want some kind of acidic component on the plate, like pomegranate or citrus, to balance out the flavor. For a thicker purée, reduce the water further before blending. For a decadent soup, use twice the water, and follow the same procedure.*

|  |  |
|--|--|
| 1 large yellow onion, peeled,<br>halved, and cut in thin slices        | ½ cup dry marsala  |
| 7 or 8 chestnuts, roasted, shelled<br>and peeled, then cut in quarters | 1 Tbsp canola or grapeseed oil                               |
| ½ ounce dried porcini mushrooms  | Zest from one lemon  |
|  | 2 Tbsp cold unsalted butter,<br>cut in pieces; Salt to taste |

Cover the dried porcini with 2 cups of warm water, and leave until needed.

Heat a heavy bottomed sauce pan on a medium flame. When hot, add the oil, then the sliced onion. Cook, stirring regularly, until the onions just barely start to brown. Turn the heat down to medium low, and continue cooking, stirring regularly until the onions are caramelized to a deep brown color. *Do not burn!!!*

Drain the porcini, strain and reserve the soaking liquid. Add the mushrooms and chestnuts to the onions, turn the heat up to medium high, and continue to sauté for another 2 minutes.

Add the marsala, and use a spoon to scrape any browned bits from the pan. When it has reduced by about 75%, add the reserved mushroom liquid. Bring up to a boil, then lower the heat to gently simmer until the water is reduced by half.

While still hot, transfer to a blender, add lemon zest, and season with salt. Blend until very smooth. When smooth, and while still blending, add in the cold butter, one piece at a time. When all the butter is incorporated, check seasoning and add salt if necessary. For a milder-flavored, creamier purée, you can add in more butter as desired.

Note: Be sure to start blender on slowest setting and work up to higher setting gradually, so the hot liquid doesn't explode out of the blender!!



# FORAGER'S CANDY CAP SHORTBREAD

*Erika Mills*

Makes about 20 cookies, depending on the size of your log

1 cup butter, cold

2 cups multi-purpose baking flour

2 tablespoons powdered dried candy cap mushrooms

½ cup brown sugar

¼ teaspoon baking powder

pinch of salt

Cut cold butter into flour. Add all other dry ingredients. Mix in food processor, using gentle pulses until mix is homogenous. Transfer mix into bowl and slowly add lukewarm water while mixing by hand until consistency becomes a nice, pliable dough. Roll the dough into a log atop cling wrap, matching the diameter of the cookies you'd like. Wrap and refrigerate at least one hour.

Preheat oven to 375.

Right before baking, cut log with a very sharp knife into rounds at least ¼" thick. Bake for about 20 minutes or until they begin to brown on the edges but remaining light in center - take care not to overbake. Finish with a wisp of confectionery white sugar stored with vanilla beans to add white highlights to these lovely, toasty bites.

Eat while foraging.

The brown sugar complements the flavor of the candy caps more nicely than refined sugar. Be sure to put a few up high so that your children don't eat them all. Inspired by the Candy Cap Shortbread recipe in *The Wild Mushroom Cookbook*.



# TRIPLE-LAYER TRUFFLES

WITH A CACAO-DATE-NUT CRUST,  
CANDY CAP BUTTER CREAM MANTLE, AND  
CHOCOLATE GANACHE CORE

## *Molly Bee*

Makes two or three dozen truffles, depending on their size.

*These truffles are different every time I make them, as I don't use recipes, but they are always delectable, nutritious, and have a balanced sweetness without refined sugars. I encourage you to invent your own combinations of ingredients, maybe replacing the nut choices with pecans, walnuts, or hazelnuts. For those who have nut allergies, try substituting hemp seeds or sunflower seeds. You can make this dish vegan by experimenting with coconut oil instead of butter. Use whichever spices tickle your fancy, perhaps employing cardamom, ginger powder, or ground fennel. And if you don't happen to have dried candy caps, pure vanilla bean powder makes an excellent flavouring in the butter cream. Here is an approximate guideline on ratios and processes to get you started—Enjoy!*

### OUTER CRUST:

In a food processor, pulse-grind until fine:

1/2 cup raw cacao nibs

Add and continue pulse-grinding:

1 cup raw almonds

1 cup “raw” cashews

While the mixture is still fluffy, add:

1 teaspoon sea salt (or to taste)

1 tablespoon ground cinnamon and sprinkling of cayenne to taste

Continuing to pulse-process, add:

2 cups pitted Deglet dates

Grind to final consistency (which will stick to itself), and set aside.

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### MAJOR SUBSTITUTIONS:

You can replace every single ingredient other than candy caps with bacon. Instead of the listed procedures, simply sizzle the bacon (or kosher turkey) in a pan with the candy caps, fresh or dried. Your house will fill with an aroma-siren calling all to the kitchen, grinning and sniffing in wonder. (If you're following this recipe alteration, it's no longer a truffle, and you are a good candidate to avoid recipes altogether.)

### MANTLE LAYER:

In a saucepan on very low heat, melt:

1 pound sweet cream butter

Grind to a fine powder and add:

2 to 4 tablespoons dried candy cap mushrooms

Let the maple-like flavour of the candy caps infuse into the butter for several minutes, stirring constantly, and **DO NOT** let it simmer or scorch.

Stir in 8 to 12 micro-spoons pure stevia extract

Set in the refrigerator to let cool and solidify.

### INNER CORE:

In a bowl, stir together until homogeneous:

1/2 cup pure cacao powder

4 tablespoons honey (or maple syrup)

1/4 pound sweet cream butter (softened)

Set in the refrigerator to cool to the consistency of sculpting clay.

### ASSEMBLY:

Remove stiffened inner core cacao paste from the refrigerator and shape into spheres about 3/4" in diameter, placing them on a tray, and set in freezer to harden. When stone-solid, remove cacao cores from freezer and build up a mantle layer of candy cap butter around each, just thick enough to completely cover the dark centers. Finally, press a layer of cacao-date-nut crust around each truffle, pushing with equally supported pressure from opposite sides as you rotate and form a ball. Voila, "Deliciouspheres"! At this point, they are finished.

### GILDING THE LILY:

In the event you are not feeling finished, you can extend the number of truffle layers to five by melting a 100% pure baking chocolate bar in a double-boiler, coating the triple-layer truffles in molten chocolate, and rolling them immediately in finely ground almonds and walnuts. Voila, Quintuple-Layer Truffles!

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### PREP TIME:

This is a labour of love; don't worry about all the hours and hours it takes. They can be made the day before they're served, and will last several weeks in the fridge (the latter is speculation, because we've never been able to keep them longer than a week without gobbling them up).

# WILD HUCKLEBERRY CRISP

WITH CANDY CAP WHIPPED CREAM

*Molly Bee*

*Generally, most fruit crisps are as easy as one, two, three: 1) put sliced fruits in a baking dish, 2) sprinkle a topping on... TOP, and 3) ...ah yes, remember to bake. I keep this version of my huckleberry crisp vegan (except for the optional whipped cream), gluten free, and nut-free. Cinnamon brings out sweetness, and the fruit itself is plenty sweet. If you make this at home, regulate your sugar as you prefer, and consider adding nuts to the topping—they are a decadent crunchy addition.*

|   |                                      |
|---|--------------------------------------|
| 4 cups huckleberries (fresh or frozen)        | Lemon juice and zest to taste        |
| 2 cups peeled and sliced apples<br>(or pears) | 1½ cups rolled oats<br>(gluten free) |
| 4 tablespoons tapioca flour                   | ½ teaspoon sea salt                  |
| 1 teaspoon cinnamon powder                    | ½ cup vegetable oil<br>(or butter)   |
| Sugar to taste (or not)                       |                                      |

Mix huckleberries, apples, tapioca flour, cinnamon, lemon juice and zest in a large bowl until evenly coated.

To make the topping, grind the rolled oats in a food processor until fine, then thoroughly mix in the salt, vegetable oil or butter and sugar.

Divide the berry mixture into individual ramekins, or one large glass baking dish for family-style servings. Spread the topping evenly across the top of the fruit. Bake in preheated oven at 350°F for 30 minutes, or until golden. Serve warm from the oven with a dollop of candy cap whipped cream.

## CANDY CAP WHIPPED CREAM

2 tablespoons candy cap mushrooms (dried)  
½ cup and 1½ cups heavy whipping cream  
Sugar, stevia extract, or other sweetener to taste

Grind the dried candy cap mushrooms to a powder in a coffee/herb grinder. Add the mushroom powder to a saucepan with the ½ cup of heavy whipping cream. Warm on low heat for several minutes, stirring constantly and letting the maple-like flavours of the candy caps infuse into the cream. Do not allow the cream to scorch or boil. Remove from heat and let cool. Transfer to a mixing bowl and add the remaining 1½ cups heavy whipping cream and the sweetener of your choice. Beat to stiffen, until soft peaks form, and keep refrigerated until serving time.

*Note: You can make a candy cap mushroom extraction with ethanol (use unflavoured booze anywhere from 40% alcohol on up), but it will need to age for a month.*

# LIBATIONS

## CANDY CAP CHAI

*Alison Gardner and Merry Winslow*

Makes 1 quart

- 1 stick cinnamon
- 3 cardamom pods
- 1 whole clove
- 1 thin slice fresh ginger
- 3 candy caps, fresh or dried
- 3 bags or 1 tablespoon black tea
- 2 cups milk
- 1 tablespoon sugar, or other sweetening to taste

Put the spices and candy caps into a saucepan with  $2\frac{1}{4}$  cups water. Bring to a boil, turn down to a simmer and cover. Simmer for 15 minutes to  $\frac{1}{2}$  hour. Turn off burner, add tea and steep for 5 minutes. Strain. Pour tea back into pan, add milk and sugar and reheat to drinking temperature.

## MINT AND CANDY CAP TEA

*Alison Gardner and Merry Winslow*

Makes almost 4 oz. bulk tea leaves

- Nettle leaf      1 oz.
- Spearmint      1 oz.
- Peppermint    1 oz.
- Licorice root   0.5 oz.
- Candy cap      0.2 oz.
- Stevia leaf     0.1 oz.

Use 2 tablespoons dry tea per quart of water. Bring to a boil, turn down, and simmer the tea for at least 15 minutes, to extract the flavor from the candy caps and licorice. Serve hot or cold, with or without milk or cream. Some people may like additional sweetening, to bring out the candy cap flavor.



# CHEF STORIES

**Molly Bee** endeavours to hone a wide range of skills on her quest to have a Genuine Human Experience. She forages wild foods, tends her vegetable garden bursting with exotic Andean varieties, makes her own ceramic dishes, and tutors math and language arts. Molly is currently at work on her salacious and sensuous memoir on Love, set during her Peace Corps service in the Dominican Republic. Of course, it mentions nothing of her current love-life, because there's rarely an interesting story to be found in blissful contentment.

**Anthony Michael Blowers** started an online-based group called *I Love Wild Mushrooms!* This international group is now at 20,000 members, and growing fast. It is a great resource for anyone that has an interest in mushrooms. Feel free to join us on Facebook.

**Alison Gardner** moved north to the Mendocino coast with her family in 1969, at the age of 10. She learned her first mushrooms the next fall, from an "old-timer," and has been an avid mushroom hunter and eater ever since. She has attended and teacher-aided for the local community college mushroom classes, as well as leading private mushroom tours. She took a commercial cooking class in high school, and worked in two restaurants in her teens and early twenties. She is also a botanist and potter, and still resides on the Mendocino coast.

**Chad Hyatt** is a classically trained chef who has spent the last decade in various good restaurants and private clubs in the San Francisco Bay Area. He is currently a chef for a private corporate dining room in San Carlos, California. He spends his free time hunting for and learning about mushrooms, and seeking out new techniques and traditional ethnic recipes from all over the world to apply to our local mushrooms. He frequently demos and teaches wild mushroom cookery at private and public events, and has been hard at work for the last year and a half on a wild mushroom cookbook.

**Thomas A. Jelen** was born in the little town of Ellsworth, Wisconsin, where he often looked into the woods to learn about berries and wildflowers, but was sure the mushrooms would kill him. He is a returned Peace Corps Volunteer, who built sustainable farming programs, women's health programs and a pre-school in the island nation of Fiji. Tom moved to the Mendocino coast in 2005. Once he arrived, and after a couple of guided forays, he bought David Arora's book *All That The Rain Promises And More* and was off to the races. Tom now is comfortable picking and eating more than twenty species of mushrooms.

**Seth Johnson** is an organic farmer and forager. He has a history of being an orchardist, a commercial mushroom picker, and a fine woodworker. He loves most things wild.

**Elle Matthews** has been interested in foraging and hunting since a young child, has been involved in the mushroom community for some years, is an admin in the facebook group *I Love Wild Mushrooms!*, and has recently been making wild products and food through her business Elderflower Wild Products. She is also one of the caretakers of the William Griner truffle orchard.

**Erika Mills** is a native of Hungary, formally trained as a medical doctor and informally trained by her grandma as a baker in the Hungarian tradition. Today living in Mendocino, she is an avid mushroom forager with the good fortune to be able to smell the fragrance of candy caps even before they are dried. When not hunting mushrooms, Erika is a massage therapist, practicing a form of therapeutic Chinese massage known as Tui Na.

**Merry Winslow**, upon moving to Mendocino, took Teresa Sholars' "Mushrooms of the North Coast" identification course at College of the Redwoods, and suddenly she was SEEING mushrooms everywhere! During that fateful class at C/R, she met Alison Gardner, who was the teacher's aide. She convinced Alison that her culinary artistry deserved a cookbook. Hence this partnership was born, and co-writing *The Wild Mushroom Cookbook: Recipes from Mendocino* has been a culinary adventure of the finest sort.