

# Spore-Addict Times



The Newsletter of the Pikes Peak Mycological Society

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September 2014

## **MONTHLY MEETING:**

**WHEN?** Monday, September 22, 2014 – The fourth Monday of the month.

**WHAT TIME?** 6:30 pm; The meeting will come to order at 7:00 pm.

**WHERE?** Bear Creek Park, [Administration Building](#)

**WEBSITE:** [www.pikespeakmushrooms.org](http://www.pikespeakmushrooms.org)

**CONTACT:** [PPMSmail@gmail.com](mailto:PPMSmail@gmail.com)

### **PROGRAM:**

Frieda Davis and LeRad Nilles will present "Mushrooms 101"

With all of the new members this year it seems like a good idea to hold a basic class.

Part 1: Anatomy of a mushroom for beginners.

Part 2: How to use Kit Scales' "Easy Key to Common Gilled Mushrooms" for beginners and as a review for more experienced members

Part 3: Collecting mushrooms and foray rules.

## **Foray Report:**

### **Foray #8 Report – The Craggs**

By Krista Farmer

Enjoying one of the last summery days of the season, eight of us set out on a foray to the Craggs (the back side of Pikes Peak) on Sunday, September 7, 2014. Michael, Hoa, Tracy, Valerie, Jennifer, Krista, and Frieda worried that some tragedy had befallen LeRad, who didn't show up at the Red Rocks parking lot, and couldn't be roused by cell phone. But alas, he had only slept through his alarm, and showed up an hour or so into the foray, raring to go.

We started at the far end of the road into the Craggs, and spent about an hour in that area. The species we found included *Laccaria laccata*, *Gomphidius glutinosus*, *Collybia butyracea*, *Tricholoma saponaceum* (mmmm...smells like Ivory soap!), various *Cortinarius* and *Russula*, *Hygrophorus erubescens*, *Albatrellus confluens*, *Tricholoma virgatum*, and *Lactarius deliciosus*.

Then we travelled back along the road we'd come in on, to the newer parking lot, and started up the trail that starts in that area. Frieda, Krista, and Jennifer stayed close to the trail head and forayed along the creek, while LeRad, Mike, and Hoa ventured farther up the trail. The low landers had no luck, but LeRad and his crew found some *Albatrellus confluens*, and Hoa found a lone *Boletus*, most likely an *edulis*.

Hoa, Mike, and LeRad also travelled on to Rampart Range Road where they found more *Lactarius deliciosus*, two small *Pleurotus*, and some *Cantharellus*.

In summary, even though the mushrooms weren't overly abundant, the outing was a fabulous time, with perfect weather, interesting species, and good folks. Join us for the next one!



**Albatrellus confluens (photo by LeRad Nilles)**



**Suillus sp. with five o'clock shadow or fibrillose**  
(by LeRad Nilles)



**Rusty polyporaceae** (by LeRad Nilles)

## Bit's & Pieces:

This is your last issue of The Spore-Addict Times for 2014. It's getting late in the year and there is not a lot of mushroom news fit to print right now (so you get recipes instead). Your current newsletter editor is good for another six issues in 2015, but after that it's sayonara. If you have an interest in taking over as newsletter editor let me know.

## What's Cookin'

### Chef Elle's Mushroom Broth and Fritters

#### Wild Mushroom Broth

1 lb. cremini mushrooms, chopped  
3 oz. porcini mushrooms, dried  
6 oz. oyster mushrooms, dried  
2 oz. lobster mushrooms, dried  
3 T grapeseed oil  
1 large onion, diced ¼"  
4 garlic cloves, minced  
6 thyme sprigs  
6 parsley sprigs  
4 oz. white wine  
4 quarts water  
3 oz. dry sherry  
12 oz. almond milk (room temperature)  
1 ½ T thyme leaves  
kosher salt  
pepper

#### Tools

6 quart pot with lid, measuring cups, measuring spoons, kitchen twine, large knife, cutting board, wood spoon, blender, kitchen towel

#### Old School Translations

T = tablespoon; t = teaspoon; c = cup

#### Procedure

Using kitchen twine, tie parsley and thyme together and set aside. Place pot over medium-high heat and add oil. Once oil is hot, add cremini mushrooms. After 10 minutes of cooking, add onions and garlic. Cook until mushrooms are toasted. Add wine and scrape bottom of pot. Pour water into pot and add dried mushrooms and herb bundle. Season with salt and pepper. Place lid on pot. Once it begins to boil, reduce heat and simmer for 1 ½ hours. Adjust seasoning if needed with salt and pepper.

Remove the herb bouquet and discard. Fill blender jar half way with the hot soup. For the sake of safety, don't press the purée button until a towel is firmly covering the lid. This



prevents an eruption of hot soup on you. Repeat until soup is puréed to the desired consistency. Return soup to the pot and season with kosher salt and pepper, if necessary. Bring to a simmer; add sherry, almond milk, and thyme. Cook an additional 6 to 8 minutes.

### Mushroom Fritters

2 c shiitake mushrooms (cleaned and chopped)  
2 shallots (finely chopped)  
2 T parsley (roughly chopped)  
½ c cold seltzer water  
1 ½ c cake flour  
Kosher salt  
2 c grapeseed oil

### Tools

large knife, cutting board, measuring cups, measuring spoons, whisk, teaspoon, mixing bowl, baking pan, paper towels, spider strainer, pot.

### Old School Translations

T= tablespoon; t = teaspoon; c = cup

### Procedure

Place flour in a mixing bowl and slowly stir in seltzer water. Season with salt. A few lumps left in the batter are perfectly fine. The batter should be thick, like waffle batter. Refrigerate for at least an hour.

Heat oil in medium pot over medium-high heat. Add mushrooms, shallots, and parsley into batter and stir to incorporate. Using a teaspoon, scoop the batter and gently scrape it from the spoon and into the oil. Work in small batches to prevent overcrowding. Cook 2 minutes per side or until brown. Using a spider strainer, remove the mushroom fritters from the oil and place on paper towel lined baking pan. Repeat the steps until all the fritters are cooked.

Fritters can be placed in a 275° oven until ready to serve.

To serve, ladle warm soup into bowls and arrange 3 fritters into the center. Serve immediately. Place remaining fritters in a serving dish for family style dining.



### Mushroom-Vegetable Burger

8 oz. mixed mushrooms, sliced  
2 tsp. olive oil  
3 tsp. kosher salt, divided  
8 oz. cooked barley  
3 oz. cooked red lentils  
3 oz. roasted beets  
1.5 oz. chickpea flour  
3 oz. coconut oil, chilled  
1 tbsp. vegetable oil

Preheat oven to 425 degrees. Toss mushrooms in olive oil and 1 teaspoon salt. Spread mushrooms in a single layer on a metal sheet pan and roast in oven for 15 minutes. Remove from oven and cool. In a food processor pulse, mushrooms into a fine dice. Pass cooked barley, cooked red lentils, and roasted beets through grinder attachment of a standing mixer. Gently combine mushrooms with barley, lentils, beets, and chickpea flour. Coarsely grate coconut oil into the mix and gently fold together. Form into six 4-ounce patties. Refrigerate patties for 15 minutes. Heat cast-iron skillet over high heat and add the vegetable oil. Season patties evenly with 2 teaspoons of salt. Add patties to skillet. (Note: Patties are delicate, so be careful when laying into pan. Press the patties firmly with a spatula and cook for 3 minutes until crisp on one side. Carefully turn patties over and press once with a spatula. Cook for 2 minutes. Add slice of American cheese or sharp Cheddar on top. As cheese begins to melt, place on top of your favorite toasted bun. Serve with whole-grain mustard and shaved red onion

The Pikes Peak Mycological Society, a nonprofit organization dedicated to the advancement of mycology, publishes Spore-Addict Times monthly from April-September. Membership is open to anyone wanting to study mycology. Annual dues are \$20 for individual and family memberships. **Submission of ideas, articles, reviews, letters, artwork and recipes are welcome.**

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A repeat, since there was no MM contest last month.

## Mystery Mushroom

By Darren Ceckanowicz

While my kingly brother receives most of the attention this time of year...I am, by far, a much more colorful character (if you look past my unassuming cap). You will be tempted by my array of primary colors but collect a basket full and at home you will find yourself bitterly disappointed.

Who am I?

(Bring your answer to the general meeting. The winner with the correct answer gets \$5 and also provides next month's mystery mushroom)

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