



PIKES PEAK MYCOLOGICAL SOCIETY  
NEWSLETTER - SEPTEMBER 1980

**SAVING FOR WINTER.** There aren't many mushrooms to be found in the winter (except at the store). Have you wondered how to have wild mushrooms year round? Viola Garrett is going to tell us not only how to dry mushrooms for the winter but how to dry other foods as well. This will all take place at Rastall Center (Northwest corner on Cache La Poudre and Cascade) at 7:30 PM, Monday, October 7. If you have some of your own ideas or equipment, bring them along and share with the group.

**PHOTO CONTEST.** Bring your slides to the meeting or get them to Judy Urban or Dave Smith by Friday, 10 October. Lee Gilman, a photographer and member of the Colorado Mycological Society, will judge the slides and the winners will be announced at the November meeting. There will be prizes (as yet undetermined). Slides may be copied for the club files. The rules follow:

Division I, Pictorial is for single photos that accent the beauty and variety in form and color of mushrooms. The objective may be regarded as a photograph suited for decorative display. This division is open to the creativity of contestants in lighting, color, composition and other photographic treatments. Subjects may be in their natural habitats or rearranged and may be pictured in groups, singly or in macro or micro detail. The principal criterion is success in revealing the beauty and fascination of mycological forms.

Division II, Documentary is not substantially changed from the "Scientific/Technical" Division of recent years. The objective may be regarded as a photo ideal for an illustration in a field guide. Specimens may be photographed in the field or under laboratory conditions and may be manipulated to show identifying characteristics. Extreme close-ups showing a single key taxonomic feature are appropriate. Pictorial standards will be considered in judging, but not as rigorously as in Division I. Judges will accord some weight to uncommon species and to the identification furnished by the entrant, but this will not be a major factor.

Division III, Judges Options is open to single or series photos of mycological interest that do not fit into the first two divisions. Examples include a series of two or more photos depicting an event in time or related forms, photomicroscopy of a technical nature (not suited for Div. I), ecological relationships (fairy rings, animals & fungi, etc.), even photos of people engaged in mycological pursuits.

Marking and Listing; Mounts must be marked with a projection spot at the lower left corner when slide is viewed out of projector. The same side will bear the title... Reverse side will have entrants name & log number. Enclose a list of slides arranged by division, title and consecutive log number. Name & address must be on this list.

**RECIPES.** Those that missed the September meeting missed a fantastic treat. Some of the recipes are reprinted here. First is Judy Urban's Stuffed Puffball. **STUFFED PUFFBALL**

Cut off top of puffball and carefully hollow out inside leaving about  $\frac{1}{2}$  inch shell. Chop puffball insides, saute' and mix with your favorite stuffing. Fill cavity, replace top, wrap in foil, and bake at 350° about one hour. For stuffing, I used: one box of wild rice seasoned and cooked, 4 slices bacon fried crisp and crumbled, 3 minced shallots, 2 T. butter, 1 T red wine, salt, pepper. I saute'd all of this and then stuffed puffball, laid two slices of bacon across top, wrapped in foil and baked one hour.

Judy Urban

## MUSHROOM AND AVOCADO SAUCE

1 cup sour cream  
2 Tbls. onion, minced  
1 Tbl. dry bulk beef boullion  
1 pound mushrooms  
 $\frac{1}{2}$  cup butter or margarine  
 $\frac{1}{2}$  Tbls. lemon juice  
1 avocado, soft to pressure

Mix sour cream with onion and boullion and set aside. Wash and slice mushrooms. Heat butter in a large frying pan, add mushrooms and lemon juice, and sauté for 3 minutes. Stir in sour cream mixture and heat just until hot through. Place in serving dish. Peel and dice avocado and gently stir half into the sauce; scatter the remaining avocado on top. Use with meat or as a dip. Avocadoes are tricky to keep pretty, so before placing the pieces over the surface, sprinkle them with lemon juice and they will remain yellow and not turn brown. We consume vast quantities of this as a dip with corn chips.

These two recipes were from Katherine Bailey.

## FRENCH DRESSING WITH MUSHROOMS

$\frac{1}{2}$  cup wine vinegar  
 $\frac{3}{4}$  tsp. salt  
 $\frac{1}{4}$  tsp. pepper  
 $\frac{1}{2}$  cups olive oil  
 $\frac{1}{2}$  lb. sliced mushrooms

Combine the first four ingredients and blend well. Parboil the mushrooms in just enough water to cook. Stir this into the first mixture. Chill before serving. Serve over diced cold chicken or tuna, or as a dressing on greens.

From Barb Laura comes: SAUCY MUSHROOMS

1 lb small mushrooms  
 $\frac{1}{4}$  cup finely diced onion

Saute for 10 min. in 4 T. butter bubbling hot.  
Add mixture of:

2 T soy sauce  
2 T sherry  
2 t oyster sauce (found in oriental markets)  
 $\frac{1}{2}$  t sugar

Cook over lower heat 1 or 2 minutes.

## BAKED CUCUMBERS & MUSHROOM WITH CHEESE SAUCE

Cucumbers? but it was good and brought by Sue Smith

Cucumbers or zucchini or eggplant  
Mushroom, sliced  
1 can cheese soup  
Buttered bread crumbs

Peel cucumbers. Split in half and lay in a baking dish. Cover with mushrooms. Add cheese soup. Sprinkle with crumbs. Bake in a moderate oven until bubbly and golden brown.

-from Wild Mushroom Recipes

For you who ordered Vincent Marteka's Mushrooms: Wild and Edible, my recipe came from there. I hope you liked it.

### MUSHROOMS IN SOUR CREAM

1 medium onion, chopped	Salt & Pepper to taste
3 Tbs. butter	1 cup sour cream
1 lb. thickly sliced boletes	8 slices of rye bread, cut into squares
2 Tbs. flour	4 Tbs. chopped fresh dill
2 Tbs. milk	

Saute the onion in the butter until soft. Add the mushrooms and saute for 4 minutes. Stir in the flour and blend well. Add the milk, salt, and pepper, and cook, stirring, until thickened. Stir in the sour cream. Do not bring to a boil or the sour cream will curdle. Serve warm, spooned onto squares of rye bread and sprinkled liberally with chopped dill.

Serves 4.

### SALAD

A simple name for an excellent dish from Glen & Rosalie Roberson

Fresh Spinach  
Oranges - 2 or 3  
Mushrooms

Marinate with Seven Seas, Viva, Herbs & Spices or any oil dressing.

Mary Will brought one of the more unusual (and tasty) dishes -

### MUSHROOM BREAD

1½ cups milk	6½-7 cups flour
3 Tbl. Sugar	1 can chopped mushrooms or 1 cup cooked wild ones
1½ tsp. salt	2 T. butter
2 pkg. Active Dry yeast	2 eggs slightly beaten
¼ cup warm water (105°-115°)	

1. In small pan heat milk with ½ cup water until bubbles appear on edges. Add sugar and salt. Cool to lukewarm.
2. Sprinkle yeast over warm water in large bowl - stir until dissolved. Stir in milk and eggs. Add flour and knead until dough forms a ball. Let dough rest 10 minutes. Then knead until elastic about 10 min. Let rise 1 hour. Put in warm place. Punch down dough with fist, place on lightly floured surface and roll one half 16 x 8. Place mushrooms and 1 Tbl. butter and roll like a jelly roll. Pinch ends together to seal. Place seam side down in bottom of pan. Repeat for other loaf. Cover and let rise 1 hour. Bake @ 400° for 40 - 50 minutes.

### ANTELOPE WITH MUSHROOMS

Rose Trzyna brought this excellent dish

2-3 lbs Antelope cut up into ½" cubes (Beef round may be substituted)  
2 cups of chopped green onions with green tops  
½ lb of oyster mushrooms ( if frozen squeeze out liquid )  
½ lb of fresh commercial mushrooms ( cut up stems and save caps for topping)  
2 cups of chopped celery  
1 6 oz. can of commercial mushrooms (stems & pieces)  
Add salt, pepper, and basil to taste  
Brown meat lightly. Saute onions. Saute oyster mushrooms lightly. Add onions, celery, & oyster mushrooms to the meat, cover & cook for approx. 20 min. Add canned mushrooms(plus liquid). Top w/caps. Cover. Cook 20 min.