



# Los Angeles Mycological Society

MUSEUM OF NATURAL HISTORY • DEPARTMENT OF BOTANY  
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## MUSHROOM SOUFFLE

6 eggs plus one egg white	Salt, pepper
$\frac{1}{2}$ onion, chopped	Dash of nutmeg (liberal)
Juice of $\frac{1}{2}$ lemon	Dash of cayenne pepper
$1\frac{1}{2}$ cups sliced mushrooms	Dash of paprika (liberal)
$\frac{1}{2}$ cup chopped mushrooms	4 tablespoons all-purpose flour
$\frac{1}{2}$ cube butter	$1\frac{1}{2}$ cups milk
2 tablespoons grated Parmesan cheese	
$\frac{1}{4}$ teaspoon cream of tartar	

1. Prepare the mushrooms and begin to slowly heat the milk. Separate the egg yolks from the whites, putting the whites in a large bowl.
2. Simmer the chopped onion in the lemon juice and half the butter until translucent. Use a deep and heavy saucepan.
3. Add the chopped mushrooms and saute until there is little liquid remaining. Sprinkle with the spices and put aside in a small dish.
4. Melt the remaining butter in the saucepan and blend in the flour with a wire whisk. Let it bubble a bit while you bring the milk to a boil.
5. Turn off heat and blend in about  $\frac{1}{2}$  a cup of the milk with the whisk.
6. Add rest of milk, constantly blending with whisk. Blend in Parmesan.
7. Beat in egg whites one at a time with the whisk.
8. Sprinkle the egg yolks with the cream of tartar; beat them until stiff.
9. Stir the mushroom slices into the mushroom sauce.
10. Pour a couple of spoonfuls (a large wooden spoon) of the mushroom sauce lightly over the whites and fold it into them. Use an overhand motion (away from you) and continue with this motion until you have gently incorporated all the sauce into the whites. Do not stir!
11. Slowly pour mixture into well buttered two quart souffle dish.
12. Oven should be at 375 when dish is inserted, and should then be immediately reduced to 350. Bake souffle at 350 for 45 minutes.

Yield: Two to four servings.

Note: The mushroom slices must be the thinnest possible so as to remain suspended throughout the souffle. This is a very pretty and special effect. It's delightful, too, to have mushroom slices in every bite rather than all in a layer at the very bottom of the dish. This, unfortunately, occurs with most mushroom souffle recipes. Allowing for moisture content and slicing technique, this recipe adapts well for a gamut of wild mushrooms.

The Golden Chanterelle is a bright yellow to orange colored mushroom with solid, firm flesh. The cap is hairless and its margins are recurved (bent backwards). The cap is depressed in the center giving this Chanterelle a trumpet or funnel-shaped fruiting body. The gills are blunt ridges which run down the stalk in decurrent fashion. Two researchers using very sensitive analytical techniques have recently reported the presence of amatoxins in fresh *C. cibarius* material. These are the same toxins as are found in certain *Amanita* spp. However, the toxins are present in such low amounts that one would have to eat 35 pounds to receive a lethal dose of the toxins. This, then does not seem to pose a serious threat to the mushroom fancier. Indeed, I do not know of any mushroom text which lists *C. Cibarius* as poisonous.



ARMILLARIA ZELLERI - Family: Tricholomataceae. The common name of this mushroom might well be "matsutake hunter's despair" since it grows under the same conditions in the same locations, and is similar in appearance to the much prized "pine mushroom." Mycophagists soon learn to foray with their noses. Why doesn't someone develop a matsutake hound or hog? The odor of *A. zelleri* is described in the literature as farinaceous (mealy). We have also found numerous specimens with an earthy odor and one or two freshly cut individuals that smelled strongly of garlic.

*A. zelleri* fruits singly or in large numbers under lodgepole pine in late summer and fall. Its cap may be visible above ground or it may remain below, its presence revealed only by a disturbance in the needle duff, a habit of the secretive *A. ponderosa*.

Cap: 5-15 cm (2-6") or more wide, convex then expanding, often with a broad unbo (knob). Viscid then smooth and dry, breaking up into small scales in age. Orange-brown streaked with olive and yellow. Flesh of cap and stem is white but stains orange-brown slowly.

Gills: White, staining rusty brown, adnate (attached), close to crowded.

Stem: 4-13 cm (1½-5") long, 1-3 cm (3/8-1-1/8") thick, tapering to a blunt point at the base. The white membranous veil leaves a persistent ring. Stem is white and faintly downy above the ring, but is covered with orange-brown scales, fibrils and stains below.

Spores: 4-5.5 x 3.5 microns, white in deposit, elliptical, smooth, not amyloid.

Research and drawing by Marilyn Shaw, Colorado Mycological Society.

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ANALGESIC FROM AMANITAS - A potent analgesic that is as strong a pain-killer as morphine, but that works by a completely different mechanism and that has shown no signs of being addictive, is now undergoing clinical trials in Europe, its inventor, Poul Krosggaard-Larsen of the Royal Danish School of Pharmacy reported at the ASC (American Chemical Society) meeting. The compound, tetrahydroisoxazolo-(5,4-c)-pyridine-3-ol or THIP, is a structural analog of muscimol, one of the two active constituents of the toxic mushroom, *Amanita muscaria*, in which part of the molecule is held in a more rigid conformation; it shows very little toxicity in clinical studies. The mechanism of action of THIP is not known, but its analgesic effect is not inhibited by the narcotic antagonist naloxone, which indicates that the mechanism is different from morphine. Abstracted from *Science*, Vol. 212, No. 4493, 24 Apr. 1981, p.431.

