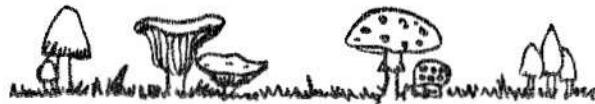




SPORE-ADDICT TIMES

NEWSLETTER

March 1984



Welcome to a New Year. As I have contemplated writing this letter for the past couple of weeks, the weather has changed several times. As I write now, it probably is about 20° and snow on the ground, but the past week had temperatures in the 60's. The birds are singing, and the feeling of spring is in the air! I've even been dreaming of those favorite mushroom hunting spots, anticipating the arrival of spring! Oh Well, maybe all the snow and moisture we have had this winter will make for a good wet spring, let's hope so!

This past winter a few of our members trekked out to the UCCS campus for a series of five Microscopy classes taught by our own P.P.M.S. member, Lee Barzee. Those of us that attended got a real "close up" look at mushrooms. "Thanks", Lee, for your time and effort. It was well worth it.

Our first meeting will be this month, with a film about mushrooms being shown. We are still looking for programs in the months to follow. Some have been suggested, but your input is needed. There are also other areas you may help in too. Have you led a foray? Do you know a place we can go for a foray? Can you write articles of interest to our club? Will you help with our newsletter?

I read somewhere this message: "Participation is the lifeblood of any organization. The participation of all members is encouraged and appreciated."

Happy Mushrooming

Dennis Craig, President

We wish to thank Frank Urban for his very informative program on compass and map reading. Also Thanks Judy for doing the "pre-program". You know how much we appreciate it when members of our club "volunteer" to give a program or help in any way. (See above).

The officers for 1984 year were not voted in yet. Those nominated are:

Dennis Craig - President
Lee Barzee - Vice President
Barbara Laura - Secretary
Pat Gustavsen - Treasurer



Nominations will be accepted from the floor if you have prior approval of the person nominated. Please be there to cast your important vote.

DUES ! Now that we will be working strictly on a calendar year, our dues are due. They are \$5.00 per person or family. If you joined at the very end of last year, arrangements will be made. Please be good enough to see Pat Gustavsen at the meeting or send them to 4460 Arrowhead Drive, Colorado Springs, CO 80908.

Don Berrigan has interesting articles from a publication called The Journal of Wild Mushrooming. See him if you would be interested in subscribing.

The MEETING DATE IS EARLY - PLEASE NOTE. Because of Spring Break, the meeting is MONDAY, MARCH 19th at 7:30 at Rastall Center. This film is a beauty. Come see it.

GREAT RAFFLE!!!!



MOREL RECIPES

BASIC MOREL SAUCE

Coarsely chop 1½-2 cups morels (cleaned previously). You can use as little as 1 cup if that is all that you have.

Melt 2 Tbsp. butter or margerine in a skillet and quickly saute the morels til completely limp. Remove from skillet with slotted spoon.

Stir in 3 Tbsp. flour into the liquid in the skillet. Cook over low heat briefly, stirring constantly.

Remove from heat and gradually stir in 1 cup chicken broth. Cook, stirring constantly, til mixture boils and thickens. Add ½ cup heavy cream and heat almost to boiling. Add sauteed morels. Season to taste with salt and pepper.

Serve over toast, in patty shells, in crepes, over waffles, pasta or rice, with cooked vegetables, etc. Recommended for breakfast brunch or supper over freshly-baked split popovers.

Courtesy Mycological Society of Washington DC

CREPES

2 Eggs	2/3 cup milk	1 tbsp melted shortening
½ cup flour	¼ tsp. salt	1 tsp. sugar

Beat eggs thoroughly. Add milk, shortening. Sift flour with salt and sugar; add to the egg mixture; with hand beater or electric beater, beat til smooth. Cover and let stand in refrigerator for two hours. In a 6-inch crepe pan or frypan, heat 1 tsp. of oil til very hot. Pour in about 2-3 tablespoons of the batter, and tilt pan in a circular motion to spread the batter evenly and thinly over the bottom of the pan. Cook crepe for about 1 minute, or til top is dull and set; turn, brown other side. Turn crepe out onto wax paper; repeat till all batter is used. (Makes 8)

Can be made ahead and refrigerated. Excellent.

SAUCE ALEXANDRE

(A mushroom and cream sauce)

4 tbsp butter	4 tbsp. flour	1 c chicken broth
½ lb. fresh mushrooms	1 tbsp. finely chopped shallots	
	salt and pepper to taste	
½ c. dry white wine	1½ c. heavy cream	

Melt 3 tbsp butter in pan and add the flour, stirring with wire whisk. When blended and smooth, add chicken broth, stirring vigorously with whisk. When blended, season with salt and pepper to taste and let simmer, stirring occasionally, about 10 min. This is called a veloute.

Slice mushrooms thin.(campestris or morels can be used). There should be about 3½ cups. Melt remaining 1 tbsp. butter in saucepan and add mushroom slices. Sprinkle with salt and pepper to taste and cook, stirring occasionally, til they give up their liquid. Add shallots and stir. Cook til most of liquid has evaporated. Add wine and cook til almost all wine is reduced. Add veloute and cream. Stir to blend well. Bring to boil and season to taste with salt and pepper. Yield about 2½ cups.



(RECIPES PRINTED FROM THE TOADSTOOL
REVIEW - MINNEAPOLIS, MINN.)



MOREL SOUP

6 cups Morel mushrooms sauteed in butter and/or oil with 6 tbsp. chopped onion or shallots, $\frac{1}{2}$ cup chopped parsley, 4 cups chicken broth (thick consistency preferred), and 1 tsp. nutmeg. Blend the sauteed mushroom, onion and parsley mixture in a food processor til quite finely grained, adding a small amount of broth as needed to keep it liquid. Place this mixture in a saucepan with the remaining broth and nutmeg and bring to a boil. Simmer 15 minutes. At this point, the soup may be frozen for up to two years. When heating the soup for serving, add 1 cup cream or half-n-half per quart and (optional) $\frac{1}{2}$ cup very dry sherry. Meadow mushrooms or Boletes may also be used.

FILLET OF BEEF WITH MORELS

Dried mushrooms can be used for this recipe as well as fresh ones since they will lose a good deal of liquid in the cooking. (Serves 4)

INGREDIENTS

1 lb. onions, sliced	milk and flour
fat for frying	6 oz. butter
4 tenderloin steaks	1 heaping tsp. of cornstarch
$\frac{1}{3}$ cup dry sherry	salt & pepper
$\frac{1}{3}$ cup beef stock	2 tbsp. freshly ground pepper
2 tbsp <u>fine herbes</u> (tarragon, parsley, basil, marjoram, chieves, as available)	

6-8 oz. morels or other strong tasting mushroom

Dip onions in milk & drain. Put them into a bag with flour and shake, then deep fry them. Keep warm in the oven on crumpled kitchen paper spread over a baking sheet. Rub steaks with pepper, saute in $\frac{1}{2}$ the butter for 3 minutes per side. Remove & keep warm. Add remaining butter, herbs & sherry to the steak pan. Cook the mushrooms init for a few moments only if they are canned, longer if they are dried or fresh. Mix the starch with the beef stock & add it to thicken the sauce slightly. Season.

Arrange the steaks on a serving dish, pour the mushroom sauce over them and put the onion rings around the edge of the dish.

From Melanie Ball of the Nutmeg Mycological Society

Both lifted from The Fungus-Amungus (Spokane Mushroom Club)

MOREL APPETIZER

Saute fresh morels in butter. If dried morels are used, boil first for 20 min. and drain). Salt to taste. Wrap sauteed morel around individual pecan. Fasten with wood pick. Keep hot in chafing dish with small amount of butter. Serve hot.

