



SPORE-ADDICT TIMES

PIKES PEAK MYCOLOGICAL SOCIETY OF COLORADO SPRINGS SEPTEMBER 1988 NEWSLETTER

The September meeting will take place on Monday the 26th, the fourth Monday of the month in room 118 of Colorado College Worner Center. The meeting as customary, begins informally at 7. The program will feature a slide show by Lee Barzee. I am told that there is also to be an identification quiz. The program originally planned involving a chef from the Antlers Hotel presenting mushroom cooking methods and recipes has been postponed due to a lack of available facilities on the meeting date. We still hope to hold this program at some later date. The last meeting of the year will be a pot-luck dinner at the home of Noel and Genevieve Damon on Monday, October 24. Please plan on attending and bringing an appropriate dish. Coffee will be provided. If you would like to bring an alcoholic beverage for personal use feel free to do so. Also, please bring any slides you would like to share with the group. There will be a projector and screen provided.

A Board meeting was held the first part of the month. Items discussed involved review of the by-laws. Ray Acciardi, Annette Campbell, Don Berrigan and Dennis Craig are reviewing them and will make recommendations to the group soon. We plan to continue the study groups next year and hope to meet more frequently.

Programs for next year may include map orientation, overnight survival techniques and a wild edible plant foray in the spring; these are in addition to the normal program material. We also are very enthusiastic about a cooking program, as mentioned above. If you have other ideas of program material you would like to see, please bring them to the attention of the program director for next year. If there is sufficient interest, an intermediate level identification class may also be scheduled.

Dirk Baay shares with us the following tidbits from a German mushroom cookbook:

About the edibility of Agaricus species...."A rule of thumb is: the bigger and browner they are, the better." NOT

About the russula species...."All mild tasting Russula are edible. Acrid tasting specimens should be parboiled first and the water thrown away." WRONG

Dirk feels that those Germans either have strong stomachs or their mushrooms are friendlier than their American cousins. He says that in any case he plans to be careful when roaming the North German woods next month. We have direct evidence gained these past months of the incorrectness of the above statements, so don't take them at face value.

There have been no reports on the results of recent forays. Chanterelles may still be fruiting up on Rampart. Dennis has found them as late as October so don't give up too soon!

Do you know your Suillus from your Boletus? I have seen a tendency among casual collectors to call anything with pores a Suillus. Suillus may be identified by having at least two of the following characteristics: pores arranged in vague rows radiating from the stem to the cap edge; a slimy cap; moist to slimy dots on the stem; a partial veil, cottony roll on the edge of the cap or a ring on the stem (usually with dry cap and stem). They are often found in lawn areas, meadows or forest floors. Most of the species are edible, although some are not really good to eat but none of them are really toxic. Caps are usually yellowish or reddish brown. Tubes are white, aging to yellow. Spores are olive brown to brown, not red-brown as in Fuscoboletinus. They are commonly associated with conifers. Stem markings differ from Leccinum which have hair-like tufts, (scabers) on the stems, and boletes which have smooth or netlike ridges on the stem. The Leccinum also turn bluish-black where cut or bruised making them very easy to distinguish.

CULLINARY CORNER

The plentiful supply of boletes this year must guarantee that there is on hand in your cupboard at least a few ounces of dried edulis. The recipe of the month combines these with rice and Parmesan cheese in a delicious risotto. The use of short grain rice is very important to achieving the creamy texture characteristic of this dish.

BOLETUS RISOTTO

1½ ounces of dried Boletus edulis	Soak the dried mushrooms in water
2 cups of warm water	for 1½ hours, drain and reserve
3½ cups chicken stock	liquid. Rinse in cold water.
¼ pound store-bought mushrooms	Strain the mushroom liquid through
thinly sliced	a coffee filter. Cut the mushrooms
1¼ tsp. salt	into fine julienne. Combine the
¼ tsp. freshly ground pepper	mushroom liquid with the chicken
¼ cup + 2 Tblsp. olive oil	stock, mushrooms, salt and pepper.
½ cup finely minced onion	Bring to a low simmer in a 3 quart
½ tsp. minced garlic	saucepan. Meanwhile, heat oil in
2 cups arborio or short-grain rice	a heavy 4 quart saucepan. Add the
¼ cup whipping cream	onion and saute until soft but not
2 Tblsp. minced Italian parsley	brown, about 2-3 min. Add garlic
½ cup grated imported Parmesan cheese	and saute for another 30 seconds.

Add the rice and cook for 2 more minutes. Increase the heat to medium, add ½ cup of the simmering stock and stir constantly with a 2-prong fork until all the liquid is absorbed by the rice. Repeat this procedure, ½ cup of stock at a time until all the liquid is absorbed and the rice is soft and creamy, about 25 minutes. Stir in the cream and parsley and adjust the seasoning to taste. Blend in the cheese and serve immediately.

In the bulletin last month I described the compressed air mushroom cleaning method. Realizing that many people don't have the required compressor, I have another suggestion which seems to work well. Especially in the case of chanterelles, the dirt seems to find its way into all crannies in the mushroom. Washing quickly under a strong stream of water quickly removes the dirt, but then unless the specimens are quickly dried, they tend to get very soggy. If the washed mushrooms are placed in one of the plastic centrifuges used to wash salad greens and given a fast spin, the water is rapidly and easily removed and the mushrooms come out almost dry with minimum absorption. These washers are available at any housewares department at minimal cost. Give it a whirl.