

# Spore-Addict Times

The Newsletter of the Pikes Peak Mycological Society

April 1993

## Wild Mushroom Soup

If you don't think of Greece when you think of wild mushroom cuisine, this recipe might surprise you. Dan and Caren Lacy discovered it in *Recipes from a Greek Island*, by Susie Jacobs [Simon & Schuster, 1992].

### *Soupa-Manitaria*

SERVES 4-5

*1 1/2 lb fresh wild mushrooms such as chanterelles, or the same weight of cultivated mushrooms with 1 1/2 oz dried wild mushrooms, such as cèpes*  
salt  
6 sun-dried tomatoes, pounded or  
*1 1/2 tablespoons tomato paste*  
*1/4 lb onion, thinly sliced*  
*1/4 cup fruity olive oil*  
2 garlic cloves, minced  
1 cup chopped flat leaf parsley or celery tops and leaves  
*1 1/2 quarts herb broth (below) or other stock*  
2 tablespoons barley flakes or pearl barley  
1 cup goat's milk, herb broth, or water  
freshly ground black pepper

If using dried mushrooms, soak them in hot water, with 1/2 teaspoon salt added, for 30 minutes. Drain the liquid through a sieve lined with damp cheesecloth and reserve. Rinse the soaked mushrooms under water to remove any grit, and chop them roughly.

Sprinkle the fresh mushrooms with salt and let them sit for a few minutes, then wipe them with a damp cloth.

Cut the dried tomatoes into little pieces with kitchen shears and soak them in 1/2 cup boiling broth (or other stock) for 30 minutes. Drain the liquid into the reserved mushroom liquid. Crush the pulp of the soaked tomatoes to a rough paste with pestle and mortar.

In a heavy-bottomed pot, fry the onion in the olive oil over low heat until translucent. Add the mushrooms—both fresh and dried—and garlic and stir for 2 minutes. Add the tomato paste, parsley or celery, and reserved juices, and stir another 2 minutes. Pour in the herb broth and the barley, and simmer for about 30 minutes. Stir in the goat's milk and stir over low heat for 2-3 minutes, without boiling. Taste and season with pepper and salt if needed. Serve with crusty bread and green salad.

### Herb Broth

2 tablespoons chopped fresh thyme or 1 tablespoon dried  
2 bay leaves  
2 tablespoons fresh marjoram or 1 tablespoon dried oregano  
1 sprig of fresh parsley  
2 strips of lemon zest, about 2 inches long

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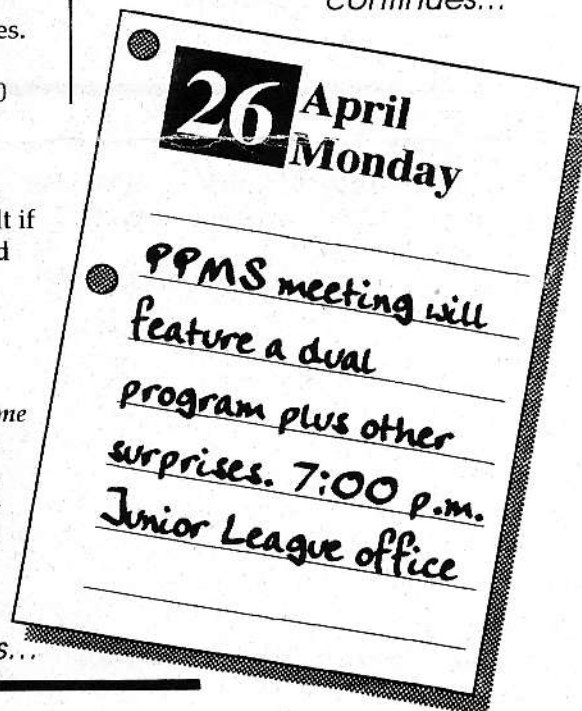
## Meeting News

The first meeting of 1993 will set the tone for an exciting new year. This year's Society president, Dan Lacy, promises a fast-paced meeting with a little business and a lot of surprises.

The evening's program will consist of two parts. Lee Barzee will present a PPMS-specific slide show that she calls "Fun People and Fungi." Ester Price will contribute a geographical mystery.

Two lucky Society members will get a head start on the edible season when they take home mushroom growing kits from

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## Spore-Addict Times

P.O. Box 7432  
Colorado Springs, CO 80933-7432

Spore-Addict Times is published monthly from April through October by the Pikes Peak Mycological Society. Submissions of articles, book reviews, letters, artwork, recipes, and ideas are encouraged.

The Pikes Peak Mycological Society is a non-profit organization dedicated to advancing interest in, and understanding of, the field of

mycology. Membership is open to all persons interested in mycology. Annual dues are \$10 for individual and family memberships.

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## Stems & Pieces

### Telluride Mushroom Conference

The thirteenth annual Telluride Mushroom Conference will be held in Telluride, Colorado, 26-29 August, 1993.

Daily forays will be held into the nearby forests which are generally productive of a wide variety of wild mushrooms, particularly edible species.

Peter Furst, eminent lecturer and author of *Flesh of the Gods*, will address a plenary session of the conference on the divine mushroom ritual of the Mixtec gods.

For further information, contact

Fungophile  
P. O. Box 480503  
Denver, CO 80248-0503  
Phone: (303) 296-9359

### Volunteers Needed

The Pikes Peak Mycological Society needs some new officers. We need a volunteer for vice president, and we need someone to take on part if not all of the responsibility for Spore-Addict Times. Please come to the April meeting with an open mind about donating some extra time to the Society this year.

### Dues Are Due

Plan to pay your PPMS dues at the April meeting. They're still only \$10 for individuals or families.

### Picnic Scheduled

This year's PPMS picnic is scheduled for Saturday, 21 August, at Palmer Park (Fox Run Park was booked up). Plan to be a part of the fourth occurrence of this annual tradition.



### Soup, continued

1/4 lb onion  
4 garlic cloves  
1 small, hot dried red chili pepper, whole, or 1/2 teaspoon cayenne  
10 black peppercorns  
1 clove  
1 small piece of cinnamon stick  
salt

Throw all the broth ingredients into a saucepan with 5 cups water and bring to a boil. Simmer for 10-15 minutes, strain, and use.

### Meeting, continued

Fungi Perfecti. These kits were donated by Paul Stamets himself.

Caren Lacy will present the first of a year-long series of mycological book reviews.

The meeting place and time are unchanged from last year: the Junior League office at 2914 Beacon Street, just south of Fillmore, beginning at 7:00 p.m.

WE HAVE A  
NEW ADDRESS!

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Lee Barzee

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