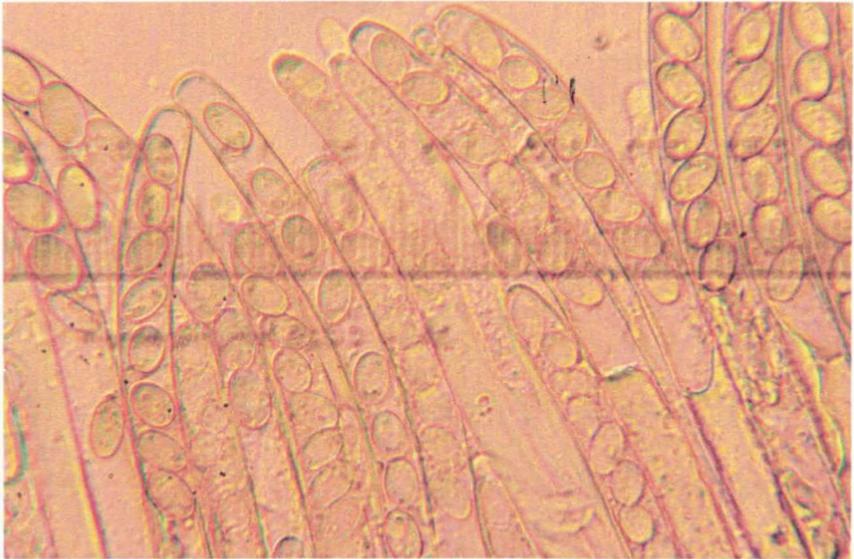




# THE FUNGOPHILE

SPRING 2004 EDITION OF THE MUSHROOM SOCIETY OF UTAH NEWSLETTER



Photomicrograph of the asci of *Disciotis venosa*. A view you rarely see. You can count the spores in some of the asci. The bar thru the photo is an out-of focus reticle

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## Upcoming events

### First Spring Foray

April 17, 9:00 AM, 3900 South Wasatch Blvd.

Then the third Saturday of each month thru the Summer.

May 15, June 19, July 17, August 21 and September 18

Annual Foray, August 27, 28, & 29 at the Francis Town Hall.

## Springtime is Returning!

Springtime is returning along the hill and dale, and merry brooks are laughing through each sunny vale....The words of this delightful Welsh folk song have been stuck in my head ever since the temperature hit 70 and the warm March sunshine has been working overtime to melt the last of the valley snow. Of course, warmer days mean that mushrooms are returning too, and MSU is ready with a foray on the third Saturday of April (the 17<sup>th</sup>).

For those of you who don't know, and as a reminder to those who do, we meet for our monthly forays at 9:00 A.M. at the park-and-ride lot located on the northwest corner of 3900 south and Wasatch Blvd. The foray location will be determined based on reports of mushroom sightings and, as is typically dictated by "iffy" April weather, will probably be at a lower valley location.

Subsequent monthly forays will be held the third Saturday of the month through September. Those dates are May 15<sup>th</sup>, June 19<sup>th</sup>, July 17<sup>th</sup>, August 21<sup>st</sup>, and September 18<sup>th</sup>. Our main fall foray in the Uintas will be August 27, 28, and 29. We will again make use of the Francis, Ut. Recreation building and

we plan on having a group campsite on the Mirror Lake highway this year for those who are interested. Further details and registration materials will appear in the summer newsletter. Please mark the above dates on your calendars and tell any friends, family, neighbors or co-workers who might be interested in the mycological wonders of the world that they are welcome to join us.

Finally, I wish I could say with certainty that we are going to have a GREAT mushroom year, and with the apparent improvement in last year's weather and the impressive winter snowpack (reportedly below normal but still impressive), there does seem to be cause for cautious optimism. Perhaps most prognostic are intriguing reports of unusual springtime behaviors in the known species of *Boletivorus*, *Pleurotovorius*, and *Morchellaphagia* e.g. knife-sharpening, wicker basket collecting, and wax-paper stockpiling which all seem to be more pronounced this year. I don't know why the weather forecasters have overlooked this.

Happy Hunting, Mark Cannon

## Wyoming Elk Die of Lichen Poisoning

295 Wyoming elk died this winter from eating a toxic lichen, *Parmelia molliuscula*. Lichens are closely related to fungi, therefore should be of some interest to our readers. Lichens typically are not noted for being toxic. Like mushrooms, some are used in Chinese medicine. Some are described in survival books as a possible survival food. Many large mammals include lichens in their diet.

Elk had been found that could not move. This immediately raised concerns about chronic wasting disease and/or chemical or mineral poisoning. Those possibilities were quickly ruled out. *Parmelia* can produce an acid that breaks down muscle tissue. *Parmelia molliuscula* was found in the stomachs of dead elk.

Captive animals were fed a diet that included *Parmelia*. Those elk developed the same symptoms as the wild elk. Officials now blame the *Parmelia* for the massive die-off of elk.

This has raised several new questions. Why were the elk affected this year and not before? Does the long period of drought play a role in the poisonings? Multiple elk deaths have been reported in the past, but not of this magnitude. Could they be related?

Elk are a magnificent wild animal. It seems incredible so many could die from such a small living thing.

Don Johnston

# RECIPES FROM FEAST OF 2003

## EDULIS BARLEY SOUP

1 ounce dried Edulis  
8 cups chicken stock \*  
2 tbs. butter  
1 cup chopped onion  
1 1/2 cup chopped carrots  
1 cup chopped celery

1/2 cup pearl barley  
salt and freshly ground pepper  
fresh parsley or dill  
2 tbs. butter  
2 tbs. flour

Cook the chopped vegetables in 2 tablespoons of butter for about 10 minutes. Add the stock, barley and dried Edulis which have broken into small pieces. Simmer for 1 hour or until the barley is done. Adjust the seasonings and thicken, if desired, with the butter and flour, which have been mixed into a paste. Add the fresh herbs, if available.

We use a stock made by simmering 1 ounce of dried Edulis pores in 4 cups of water in place of half of the chicken stock  
Bert & Ruth Atwater

## GREEN BAY SPINACH SALAD

1-2 bunches	fresh or packaged spinach
1 1/2+ cup	cider vinegar
1 1/2+ cup	sugar
1/2 cup	flour
1/2 cup	COLD water
1 cup	water (if needed)
6-8 strips	bacon, cut into small pieces
1 pkg.	fresh button mushrooms
4-6	eggs, hard boiled

### OPTIONAL

1/2 cup	croutons
1 medium	tomato
1/2 medium	onion

Separate spinach, remove stems, clean and soak in cold water for at least 1 hour.

Hard boil the eggs over medium high heat.

Cut bacon into small pieces and slowly render the grease until bacon is almost crispy. Add vinegar and sugar. Slowly stir to dissolve the sugar. When sugar is dissolved, bring to a rolling boil. Add 1/2 cup cold water to 1/2 cup flour and mix. When mixture is boiling, very slowly pour a little flour/water mixture while stirring rapidly. When dressing has a thick gravy-like consistency, stop adding flour/water mixture. Reduce heat below boiling and sample dressing (it's hot!). Dressing should be a strong sweet/sour taste (enough to take your breath away). If it's too strong, add a small amount of the 1 cup of water. If it's not sweet enough, add about 1/3 cup more sugar and stir thoroughly to dissolve. If it's not sour enough, add about 1/3 cup more vinegar and stir thoroughly to dissolve. Keep tasting until it's what you like. Then turn heat off, it will stay hot for a long time.

Cool hard boiled eggs in cold water, shell and cut into medium pieces.

Rinse and clean mushrooms and cut into quarters or smaller.

Place a few paper towels in the bottom of the salad bowl. Remove the spinach from the water and tear into medium pieces and place in the bowl to drain. Shake the spinach to allow any more water to be soaked up, then remove paper towels.

When ready to serve, sprinkle 1/2 of the eggs and 1/2 of the mushrooms over the spinach. Pour enough hot/warm dressing over the salad to cover the top and toss. Pour the remaining eggs and mushrooms over the salad, cover with more dressing and toss.

Serve.

(FOR OPTIONAL INGREDIENTS - add them with the eggs and mushrooms.)

If you have extra dressing it will keep for weeks in the refrigerator in a closed jar, but always use it when it's warmed.

## MUSHROOM SOUP (MIRIAM'S)

1 lb. mushrooms

1 c. cream

1 /2 square of butter

chicken bullion

6 tbs. flour

white pepper

1/2 gal. milk  
garlic

Saute mushrooms and butter in pot. Remove mushrooms. Add flour and chicken bullion to remaining mushroom juice in pot and whisk with a bit of milk until smooth. Add the remaining milk and whisk until boiling. Add cream, white pepper and garlic to taste. Add mushrooms, remove from heat and let stand. Prior to meal heat soup and serve HOT.

Pat and Sherm Brough.

## MUSHROOM CRUST QUICHE

5 TBS butter or margarine 1/2 lb. mushrooms, coarsely chopped 1/4 cu finely crushed saltine crackers 3/4 cu chopped onions (white or green)

2 cu (8 oz) shredded jack or Swiss cheese

1/2 pint (1 cup) small or large curd cottage cheese

3 eggs

1/8 tsp. ground red pepper (cayenne)

1/4 tsp. paprika

Melt 3 Tablespoons butter add mushrooms and cook until soft. Stir in crushed crackers. Place mixture in a well greased 9-inch pie pan. Press mixture evenly over bottom and up sides.

Melt remaining 2 Tablespoons butter. Add onions and cook until soft. Spread onions over mushroom crust, sprinkle evenly with cheese. In blender or processor whirl cottage cheese eggs and red pepper until smooth. Pour into crust and sprinkle with paprika. Bake 350 for 25-35 min. or until knife inserted off center comes out clean. Let stand 5-10 minutes before cutting.

Made by Pat Glenn

Recipe from Convection Oven Cookbook

## MUSHROOM PARMESAN

1 jar 32 oz.. spaghetti or marinara sauce (meatless)  
[Ragu Old World Chunky Style-Garden] 1 pkg.  
spaghetti, thin or vermicelli

- \* 1 large can sliced button mushrooms, drained
- \* 16-24 oz. fresh button mushrooms, cleaned, rinsed and cut  
into large bite size chunks 4-5 large whole Bay leaves 8 oz.  
fresh shredded Parmesan cheese 32 oz. sliced (or shredded)  
Mozzarella cheese 1 pkg. deep frying batter

Add sauce and canned button mushrooms to pot. Thick slice and add several fresh button mushrooms. Heat sauce to cook fresh mushrooms, stirring occasionally. Add Bay leaves to sauce about one quarter to halfway through cooking. Simmer, stir and allow to thicken. Make spaghetti, drain well. Make batter and deep fry fresh mushrooms, draining well on layered paper towels, and cover to keep hot.

On plate, place spaghetti, spoon on a thick layer of sauce, add deep fried mushrooms on top. Liberally sprinkle fresh Parmesan cheese over all. Cover by sprinkling or layering with Mozzarella cheese. Place plate under broiler just long enough to melt cheeses (slight browning is okay). Serve and enjoy!

Suggest serving with spinach salad and garlic bread.

Serves 5-8.

\*Alternate mushrooms: Morels, portobellos, oysters, crimini. (Shiitake should work well also. I was told this recipe is used with Boletes in Italy, but I haven't tried them yet.) Do not precook the substitutes, as onions, butter, garlic, et cetera will change the final taste. Add Bay leaves half to three quarters through cooking, as cooking time will be longer.

by Jeff Smith (from "Papa Joe's" restaurant in Indiana, now closed)

## MUSHROOM PIE

Corn tortilla crust  
One half cup caramelized onions  
One cup mushrooms  
Pint whipping cream  
4 Tabs sour cream  
4 tea Cumin  
Half tea Cayenne  
Salt to taste  
2 eggs  
Cheese topping

Make Crust, cook mushrooms and onions. Mix creams and spices and add eggs. Whip smooth. Pour mushrooms and onions in crust and top with cream. Mix, top with cheese.

## MUSHROOM TART

12 oz. Unsweetened pie pastry  
4 IBS. Butter  
Onions, halved & sliced  
12 Oz. Mushrooms  
1/4 tsp. Thyme  
Pinch of grated nutmeg  
3 1/2 TBS. Whole milk  
3 1/2 TBS. Cream  
1 Egg & 2 Egg yolks  
Salt and pepper to taste

Preheat oven to 375 and lightly grease a 9" quiche pan with butter. Line pan with pastry and allow to rest for 1 hour in fridge. Place three squares of wax paper in crust, fill with dry beans and bake for 25 minutes. Lift out the paper with the beans and leave to cool. Melt the butter in a large non-stick frying pan and add the onions. Cover and cook slowly until onions

are tender (20 minutes). Add the mushrooms and thyme and continue to cook for another 10 minutes. Season to taste with salt and pepper and add the pinch of nutmeg.

Pour the milk and cream into a bowl and beat in the egg and egg yolks. Place the mushroom mixture into the crust and then pour over the milk and egg mixture. Bake for 15-20 minutes until the center is firm to the touch. Serve hot.

## RISOTTO WITH BOLETUS EDULIS

1/4 cup olive oil

1/4 cup butter

1 cup chopped onion

6 cups chicken broth

2 cups short grain rice (risotto)

1 cup reconstituted dried boletus edulis

2 Tbs. sherry

1. Pour mushrooms and liquid thru a sieve. Retain both mushrooms and liquid separately.

2. Pour all but the last two tablespoons of the reconstituting liquid into a saucepan, add the broth. Bring to a boil. Put on a back burner to simmer.

3. In a large pan, saute onion in the oil and butter for about 3 minutes.

4. Add rice and Stir for two minutes.

5. Add mushrooms, and two cups of the broth.. Cook till most of the liquid is absorbed.

6. Stir in remaining broth, 1 cup at a time, allowing liquid to be absorbed before each addition..

7. Serve.

Jared and Susanne Haselton

# Shepherds Pie

1/4 cup olive oil  
1 pound lamb, cubed, fat removed  
1/2 cup shallot, sliced  
2 clove garlic, sliced  
1 bay leaf  
2 sprigs thyme  
3/4 cup red wine  
1 cup beef broth  
salt and pepper | to taste  
1/2 cup dried porcini, rehydrated & chopped, with juice  
1 pound potatoes  
1/4 cup milk or cream  
2 tablespoons butter

Heat the oil in a skillet. Add the garlic and saute till golden. Remove garlic & set aside. Add lamb in small batches to brown on all sides. Remove lamb and pour off excess fat. Add red wine to the pan. Stir to deglaze the pan. Bring to boil, add all but the last three ingredients. Return to simmer, cover with tight fitting lid, simmer for two hours.

Peel & boil potatoes till soft. Mash or put thru ricer. Add butter & milk, mix thoroughly.

Spread mashed potatoes over meat mixture, leaving outside edges uncovered, and leaving peaks in the potatoes. Place under broiler until peaks are browned.

## Joining or renewing MSU membership

\$15 Family Membership in MSU

\$47 Family Membership plus membership in NAMA

\$30 Student Membership in MSU and NAMA

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Family membership includes all members of your household. Make check payable to MSU and send to: Ronna Conlon, Membership Secretary, Mushroom Society of Utah, 143 East Gregson, Salt Lake City, Utah 84115-3818. Any questions, you can reach Ronna at (801) 486-2717.