



# THE FUNGOPHILE

SPRING 2009 EDITION OF THE MUSHROOM SOCIETY OF UTAH NEWSLETTER



On the left is the outside of a mushroom a novice might have easily mistaken for a puffball. The other half, on the right, reveals its true identity.

## Inside

|                          |         |
|--------------------------|---------|
| MSU Officers .....       | 2       |
| 2009 Schedule .....      | 2       |
| From our President ..... | 2       |
| Mushroom pages .....     | Inserts |

|                                    |        |
|------------------------------------|--------|
| Recipes 'Feast' 2008 .....         | Insert |
| Myxomycetes in Utah .....          | 3      |
| Our Feast 2008 .....               | 3      |
| Chicken Cutlets with Porcini ..... | 4      |
| Membership Info .....              | 4      |

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<http://groups.yahoo.com/group/msutah>

## MSU Officers

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Letters to the Editor may be addressed to MSU Fungophile, 2373 East 6660 South, Salt Lake City, UT 84121. MSU

Fungophile is published by the Mushroom Society of Utah and is mailed to all current members. To become a member or to renew your membership, please complete the form on the back cover and return it with your check to MSU.

## **Tentative 2009 Schedule**

### **Saturday, April 4, 2009, 9:00 AM**

Our first foray of the year!! Meet at the Park & Ride on 39<sup>th</sup> South between I-215 and Wasatch Blvd.

**The First Saturday of each month thru the summer until September** we will have another foray. Hope we can find a place to go where we can find mushrooms each month. Meet at the same time and place as above.

### **July 25/26**

**The Mycological Society of America** will be meeting in Utah again this year, this time at Snowbird. They have asked and we have agreed to guide a foray into the Uinta's in a search for fungi. Anyone interested in assisting in this foray who has a basic knowledge of the Uinta's please contact Don Johnston at 801-942-0637. The last time the MSA was here was in 2001 when their event happened to coincide with our Fall Foray. We took them on a guided tour that year and they were able to go thru our display in Francis. That year they allowed MSU members the opportunity to attend their meetings and presentations at no charge. MSA is an organization of professional mycologists and students of mycology from around the world.

### **August 28,29, & 30 Fall Foray in Francis**

Once again we are planning our fall foray in Francis. There always seems to be new surprises each time we gather there. There are new faces and often a few new mushrooms every year.

### **From our President**

Ah the first rains!! Presaging the fruiting bodies we seek in the woods. Sunday the 22nd I watched gentle rain (and snow to 5800') falling and thought of *Agaricus* and *Gyromitra*. Now a young man's fancy my be tending elsewhere

with Spring's advent, but we know better, eh?

Last weekend at 8500' there was mycelium under/over/through everything - the woods are alive. So, let's plan to search for the elusive morsels April 4 and every first Saturday unless other wise notified (email is important! but we'll do some phone) we'll meet at the Park-and-Ride on Wasatch Blvd. for a 2 to 4 hour foray. Remember to bring the essentials: a knife to cut, a brush to clean, wax paper to wrap individual 'shrooms, a basket or bag that will spread spores, and a guide if you've one.

Don's usual meticulous newsletter (with insert for his MSU book) lists upcoming events but if you or anyone else spots a particularly great mushroom event, pleas let everyone know - we can post it. Also, Tony Caputo's is hosting the mushroom table on Saturday mornings - he'll move to the Farmer's Market when it opens in Pioneer Park.

Be one with the mycelium

jim

## **Myxomycetes in Utah**

Dr. Harold Keller, THE slime mold guru is planning on being here for the MSA meetings and would like to see what kind of Myxomycetes he can find in Utah. I have offered to take him wherever he would like to go to search. If anyone else would like to accompany us please let me know. Dr. Keller has offered to give a cram course on how to recognize and collect myxomycetes. It could be a fun and informative experience.

Myxomycetes are the slime molds we see and hear about occasionally at our forays. Few people collect them, I suspect because you don't pick them, you have to scoop them up. They have a very delicate appearance and structure, often very beautiful. Next time you see one , take a close look at it thru your hand lens. Unfortunately the minute you try to pick them, they turn into a gooey mass.

Don Johnston

## **Our Feast 2008**

Included in this issue are the recipes from the "Feast" in November 2008. This was one of our finest ever. I know we didn't get a recipe for all the wonderful dishes that were there. I hope I didn't miss any recipes that were offered. Unfortunately the wonderful walnut schnapps didn't do much to improve my attentiveness.

# Recipes from our “feast” of November 19, 2008

## Bacon Pecan-Stuffed Mushrooms

Makes: 24 servings, 1 stuffed mushroom each Ready in: 40 min

### INGREDIENTS

24 medium-large mushrooms (about 1 lb.)  
1/3 cup green onion slices  
1 Tbsp. PLANTERS Peanut Oil  
1/3 cup Italian-style bread crumbs  
1 egg, lightly beaten  
6 slices OSCAR MAYER Bacon, cooked, crumbled  
1/2 cup coarsely chopped PLANTERS Pecans

### INSTRUCTIONS

Preheat oven to 350°F. Remove stems from mushrooms; set caps aside for later use. Finely chop the stems. Cook and stir stems and onions in hot oil in skillet on medium-high heat until tender. Remove from heat; stir in bread crumbs, egg, bacon and pecans. Spoon into mushroom caps; place on baking sheet. Bake 15 to 20 min. or until heated through. Serve warm.

Susanne and Jared Hazleton

## Bolete, Shiitake and Chicken Soup

|                                 |                              |
|---------------------------------|------------------------------|
| 6 cu chicken broth              | 1-2 Tb lemon juice           |
| 1-2 Tb butter                   | 1 cu diced chicken           |
| 1 cu celery diced               | 1 sprig fresh rosemary       |
| 1 cu onion minced               | 2 Tb minced parsley or       |
| 2 garlic cloves minced          | Cilantro                     |
| 5 Shiitake mushrooms,<br>sliced | 2 cu water                   |
| 1 cu or more Boletus Edulis     | 2 oz egg noodles (fettucine) |

Saute onion and celery in butter. Add mushrooms and broth.

Simmer until tender. Break noodles into small pieces and add to mixture. Add rosemary sprig and lemon juice. Cook until noodles are tender or a la dente.

Recipe adapted from Hope Miller, Hope's Mushroom Cookbook

Prepared by Wes and Pat Glenn

## Mushroom Pie

### Ingredients:

|   |   |
|---|---|
| 1 tablespoon olive oil                          | 1 cup shredded Swiss cheese                           |
| 1 (10 ounce) package fresh<br>mushrooms, sliced | salt and pepper to taste                              |
| 1 large onion, chopped                          | 1 teaspoon chopped fresh dill                         |
| 4 slices bacon, chopped                         | 1 (17.25 ounce) package frozen<br>puff pastry, thawed |
| 3/4 cup heavy cream                             | 1 egg, beaten   |

**Directions:**

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Heat the oil in a large skillet over medium-high heat. Add the mushrooms, onion and bacon; cook and stir for about 5 minutes, or until vegetables are tender. Reduce the heat to medium, and add the cream and dill; cook and stir for about 10 more minutes. Remove from the heat, and stir in the cheese.
- 3 Place one sheet of puff pastry on a well oiled baking sheet, and pour the mushroom filling over the top. Cover with the other sheet, and press the edges together to seal. Make some holes in top with a fork. Brush the top with beaten egg.
- 4 Bake for about 40 minutes in the preheated oven, or until golden brown. Cool, then cut into squares to serve.

Larry & Beverly Jense

## Jasmine Rice Timbales with Mushrooms

2 ½ cups water  
1 ½ cup jasmine rice or long grain white rice  
2 tbs (1/4 stick) butter, divided  
3 tbs Asian sesame oil  
1/4 tsp salt  
1/4 cup finely chopped chives  
2 tbs white sesame seeds, toasted  
1 tbs black sesame seeds  
1 large portabella, diced  
4 ounces button mushrooms, diced  
2 medium shallots, finely chopped  
Chopped green onion for garnish

Combine 2 1/2 cups water, rice, 1 tbs butter, 1 tsp sesame oil and salt in large saucepan. Bring to boil.

Reduce heat to low, cover and simmer until rice is tender, stirring once, about 20-25 minutes.

Meanwhile saute mushrooms and shallots in butter until tender.

Add remaining 1 TB butter, chives, mushrooms, shallots, sesame seeds to rice.

Season with salt and pepper. Fluff with fork, cover and let stand 5 min. Fluff again. Brush muffin cups with sesame oil. Place rice in cups and pack tightly. Turn Timbales out on a platter, sprinkle with chopped green onion and serve.

Prepared by Wes & Pat Glenn

## Portabella Mushroom Risotto

Prepare your favorite Risotto recipe!

- To this add:  
grated Parmesan cheese

1 pound Baby portabella mushrooms sauteed in:

1 tbs fresh chopped garlic  
½ tbs fresh ground rosemary

$\frac{1}{2}$  tbs butter  
Lawry's seasoned salt to taste  
 $\frac{1}{2}$  tbs chopped parsley

Andrea and Joey Faust

## Savory Stuffing Bites

$\frac{1}{2}$  cup melted butter  
4 beaten eggs  
2 tablespoons chopped, fresh parsley  
2 cloves minced garlic  
2 cups chopped mushrooms (your choice)  
1 cup chopped onions  
 $\frac{1}{2}$  cup grated Parmesan cheese  
2 cups herb seasoned stuffing mix

Preheat oven to 350 degrees.

Mix the first seven ingredients well. If desired, place the stuffing mix in a zip lock bag and roll or pound to reduce the size of the cubes. Mix all together.  
Shape into 1 to 1 1/2 inch balls. Place on a cookie sheet. Bake 15 to 20 minutes till lightly browned.

Don Johnston

# **Chicken Cutlets with Porcini Sauce**

1/2 ounce (about 3/4 cup) dried  
porcini  
1 1/2 cups chicken broth  
1/4 cup flour  
A/r salt and pepper  
2 skinless, boneless chicken breast  
halved horizontally  
1 tablespoon oil

1 small shallot minced or sliced thinly  
1/4 cup dry vermouth  
1 teaspoon tomato paste  
1 teaspoon soy sauce  
1/2 teaspoon sugar  
2 tablespoons butter  
1/2 teaspoon thyme  
1 tablespoon lemon juice

Put porcini in a small plastic bag and pound till broken into small bits. Heat stock in a sauce pan. Remove from heat and add the porcini. Let soak for 30 minutes.

Put the flour on a plate add 1 teaspoon salt and 1/2 teaspoon pepper. Stir to mix.

Put the chicken on a paper plate then cover with plastic wrap. Pound the chicken to 1/4 inch thick, then dredge them in the flour mixture.

Heat a skillet with the oil. Add the chicken and cook without moving for about two minutes until browned. Turn and repeat on the other side. Remove the chicken.

Add the shallot to the skillet and cook for about 30 seconds. Add one teaspoon of the flour mixture and cook, stirring constantly, till thickened. Add the vermouth. Add the mushrooms and soaking liquid, the tomato paste, soy sauce, and sugar. Simmer till heated thru and blended.

Return chicken to skillet, simmer till heated thru.

Move the chicken to a serving platter. Remove the skillet from the heat. Add the butter, thyme, and lemon juice to the sauce. Season to taste with salt and pepper. Serve the sauce spooned over the chicken and rice, or pasta.

## **Here's how to join MSU**

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Family membership includes all members of your household. Fill out the form above, make check payable to MSU and send to: Bill Thomas, 1148 Sunnyside Avenue, Salt Lake City, UT 84102. If you have any questions call 801-583-9246