

Edible Mushrooms of Europe and North America



by
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Including 21 Recipes

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Introduction

Mushrooms have become an obsession with me. In fact, after the work I have done on them over the last thirty years, I think I am qualified to call myself a fully fledged 'Mushroom Maniac'.

As a child I lived with my grandparents on their farm near Sarratt in Hertfordshire. In the autumn, the most exciting activity was mushroom collecting. I remember one year when we picked seventy pounds in a single day. My grandmother, however, would only allow us to eat the ordinary field mushrooms and she instructed me at great length in the dangers of even touching any other kind. This traditional fear that the British have of mushrooms is very deeply felt and tenaciously struck to.

In his revised introduction to *The Greek Myths*, Robert Graves discussed the use of hallucinogenic mushrooms in religious ceremony. Is the British attitude a deeply ingrained tradition from Druidic times that mushrooms contain magical properties and may only be eaten under the control of the Druids themselves?

A far-fetched theory perhaps, but it needs a weird theory to explain our fears when you think how the nations that surround us; France, Germany, Scandinavia and Russia, relish eating fungi of diverse kinds. However there is a real danger in eating mushrooms, many can cause stomach upsets, and there are some really dangerous deadly species. Whatever you do never eat a mushroom that you are unsure of. This ebook is set up to give you some basic information on the main edible kinds, but it is not a definitive identification guide. The best way to make sure about the ones you propose to eat is to check the identification with an expert. Do not eat any fungus until you are absolutely certain of your identification.

Although the primary aim of this book is to be a visual guide, it is always important when trying to identify a specimen to check aspects that cannot be seen: the taste, smell, habitat and so on; and for those who wish to pursue their study in greater depth I have also incorporated information on the microscopy.

Remember, there are somewhere in the region of three thousand larger fungi to be found North America and Europe, to study such a large flora is a never ending task.

What Is A Mushroom?

A mushroom, or indeed any fungus, is only the reproductive part of the organism (known as the fruit body), which develops to form and distribute the spores.

Fungi are a very large class of organisms which have a structure that can be compared to plants, but they lack chlorophyll and are thus unable to build up the carbon compounds essential to life. In fact, in the same way that animals do, they draw their sustenance ready-made from living or dead plants or even animals.

The fungus plant is made up entirely of minute, hair-like filaments called hyphae. The hyphae develop into a fine, cobweb-like net and grow through the material from which the fungus obtains its nutrition. This is known as the mycelium. Mycelium is extremely fine and, in most cases, cannot be seen without the aid of a microscope. In other cases, the hyphae bind together to make a thicker mat which can readily be observed.

To produce a fruiting body, two mycelia of the same species band together in the equivalent of a sexual stage. Then if the conditions of nutrition, humidity, temperature and light are met, a fruit body (the mushroom) will be formed.

The larger fungi are divided into two distinct groups:

(i) The spore droppers, Basidiomycetes. In this group the spores are developed on the outside of a series of specialized, club-shaped cells (basidia). As they mature, they fall from the basidia and are normally distributed by wind. Most edible fungi are of this kind, including the gilled agarics, the boletes, and the polypores.

(ii) The spore shooters, Ascomycetes or 'Ascus'. The spores in this group are formed within club- or flask-shaped sacs (asci). When the spores have matured, they are shot out through the tip of the ascus. The morels, and truffles are in this group.

Collecting Mushrooms

Please always put the environment first, don't let greed dictate your

collecting. Only collect if you find the mushrooms in plentiful supply and always make sure to leave some behind especially buttons and immature specimens. When picking a mushroom cut through the stem to take the fruiting body but leave the plant undamaged so that it can continue to flourish. Mushrooms are an incredibly important part of the total environmental life-cycle, many of them assist trees and shrubs to gather moisture and nutrients from the soil, often in areas where the trees would fail to survive with their help. Other species help break down the dead vegetable matter, acting as nature's cleaners, without them the world would be a gigantic rubbish dump. Finally always respect the local regulations and make sure you have permission to be collecting especially on private land.

Ceps And The Boletus Family

Contains 5 species. This section contains mushrooms with caps and stems, but the gills of the agarics are replaced by tubes that can easily be separated from the cap flesh. The stems are usually short and fat, not viscous, and without scales but often with a fine network (like a broad gage stocking) know as a reticulum.

[Boletus Aereus : Summer Bolete](#)

[Boletus Badius : The Bay Bolete](#)

[Boletus Aestivalis : Spring Bolete](#)

[Boletus Edulis : The Cep](#)

[Boletus Pinicola : Pine Bolete](#)

[Boletus Appendiculatus : Oak Bolete](#)

[Boletus Impolitus : The Iodine Bolete](#)

[Boletus Bicolor : Two-colored Bolete](#)

[Boletus Variipes](#)

Boletus Edulis : The Cep

Cap 8–20(30)cm, brown often with a whitish bloom at first gradually lost on expanding leaving a white line at the margin, smooth and dry initially becoming greasy, in wet weather slightly viscid and polished. Stem 30–23030–70(110)mm, robust, pallid with white net. Flesh white, unchanging, flushed dirty straw-colour or vinaceous in cap. Taste and smell pleasant. Tubes white becoming grey-yellow. Pores small and round, similarly coloured. Spore print olivaceous snuff-brown. Spores subfusiform, 14–174.5–5.5. Habitat coniferous, broad-leaved or mixed woodland. Season summer to late autumn. More common in Europe than North America. Edible – excellent. This fungus is perhaps the most important edible species, it can often be found on sale in continental markets. Commercially it is dried and used as flavouring for soups. In the dried form it often takes the Italian name Porcini. In Germany it is known as Steinpilz.

See Recipes

11 Ceps With Paprika

11 (A) Charcoal Grilled Ceps

12 Stuffed Ceps



Boletus Badius : The Bay Bolete

Cap 4–14cm, bay to dark brick-colour later flushed ochraceous brown, downy when young, soon becoming smooth and polished, slightly viscid in wet weather. Stem 45–1258–40mm, concolorous with cap or paler, surface slightly cottony. Flesh white to lemon-yellow on cutting becoming

faintly blue particularly in stem apex and above tubes, vinaceous in cap. Taste and smell mild and mushroomy. Tubes cream to lemon-yellow, bruising bluish green to the touch. Pores large, readily bruising blue-green. Spore print olivaceous snuff-brown. Spores subfusiform, 13–154.5–5.5. Habitat in mixed woods. Season autumn. Common in both Europe and North America. Edible – very good. An excellent edible I find it is hardly ever ruined by maggots in the way that old Ceps can be.

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12 Stuffed Ceps



Boletus Aereus : Summer Bolete

Cap 8-20cm across, convex-expanded; deep blackish brown when young, to sepia or date brown when older, finally tan-brown, often with irregular discolored areas; dry, slightly roughened to subtomentose. Tubes white then yellowish. Pores white to pale greenish yellow. Stem 80-150 x 20-

50mm, equal to clavate-swollen; pale to quite dark brown with brown reticulum. Flesh firm; white. Odor pleasant. Taste pleasant. Spores spindle shaped, smooth, 12-15 x 4-5 μ . Deposit olive-brown. Habitat under oak. Uncommon. Found in Europe and western North America. Season October-November. Edible-delicious.

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12 Stuffed Ceps



Boletus Aestivalis : Spring Bolete

Cap 7–20cm, pale straw-colour to pale snuff-brown, dry, soon becoming rough and cracking into small scales, particularly at centre. Stem 60–15020–50mm, robust, covered in a dense white network. Flesh white throughout, sometimes with slight yellowish tinges. Smell and taste strong

but pleasant. Tubes white then greenish-yellow. Pores small, round, similarly coloured. Spore print olivaceous snuff-brown. Spores subfusiform, 13–154.5–5.5. Habitat with beech and oak. Season early summer to autumn. Not very common. Edible – excellent. Distribution, America and Europe.

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Boletus Appendiculatus : Oak Bolete

Cap 8–14cm, ochraceous with distinct bay to rusty flush particularly near the centre where irregular cracking may occur. Stem 110–12534–37mm, lemon-yellow at apex darker below often with red patches, with a fine cream to pale lemon-yellow net. Flesh white to pale yellow, turning blue

on cutting at apex of stem and often ochraceous rust at base. Taste pleasant, smell like puffballs. Tubes lemon-yellow bruising faintly greenish blue. Pores initially lemon-yellow becoming slightly rusty and expanding with age. Spore print olivaceous snuff-brown. Spores subfusiform, 12–153.5–4.5. Habitat with broad-leaved trees, usually associated with oak Season late summer to early autumn. Rare. Edible – excellent. Distribution, America and Europe.

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12 Stuffed Ceps



Boletus Pinicola : Pine Bolete

Cap 8–20cm, red brown or chestnut, with a white margin, smooth and greasy at first then dry and slightly downy. Stem robust, becoming wider and darker brown below, covered in a fine whitish or cinnamon net which bruises red. Flesh whitish, becoming deep vinaceous below cuticle when

cut. Taste and smell pleasant. Tubes whitish, then greenish yellow. Pores small, white, then greenish yellow, finally olivaceous. Spore print olivaceous snuff-brown. Spores subfusiform, 13–174–5. Habitat in coniferous woods. Season late spring until as late as November. Rare. Edible. Distribution, America and Europe.

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Boletus Bicolor : Two-colored Bolete

Cap 5-15cm across, convex then flattened; deep rose red to pinkish, fading with age, paler toward margin; dry, subtomentose, then soon smooth with age, often cracking in dry weather. Tubes yellow. Pores 1-2 per mm; bright yellow, blue when bruised. Stem 50-100 x 10-30mm equal to slightly

clavate below; colored as cap for lower two-thirds, yellow above, slowly bruising blue; smooth, dull, dry. Flesh firm; pale yellow, slowly bruising blue. Odor not distinctive. Taste not distinctive. Spores ellipsoid, 8-11 x 3.5-4.5(5) μ . Deposit olive-brown. Habitat in oak woods. Common. Found widespread in eastern North America. Season July-October. Edible-good. Comment The very similar *Boletus sensibilis*, which has been reported as poisonous, differs in its brick-red cap and its instant color change to blue when cut. *Boletus miniato-olivaceus* also has a red cap, but it has a mostly yellow stem.

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Boletus Impolitus : The Iodine Bolete

Cap 5–15cm, clay coloured, sometimes with tawny or olive tints with a pale grey hoariness at first, dry, slightly velvety, then smooth. Stem 60–10030–50mm, robust, straw-coloured at apex, darker brown towards the base. Flesh pale lemon-yellow with deeper yellow region above the pores,

becoming faintly pink or very rarely faintly blue after some time on cutting. Taste mild, smell of iodoform in stem base. Tubes lemon-yellow then lemon-chrome. Pores small, similarly coloured. Spore print olivaceous snuff-brown. Spores subfusiform, 10–14.5–5.5. Habitat on rides in broad-leaved woods, particularly oak and often on clay soils. Season early summer to autumn. Rare. Edible. Distribution, America and Europe.

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12 Stuffed Ceps



Boletus Variipes

Cap 6-10cm across, soon nearly flat; grayish tan to smoky buff; smooth, dry, often cracked when old. Tubes up to 3cm deep; white to pale yellow. Pores white to greenish yellow when mature. Stem 80-150x 10-35mm, equal to clavate; concolorous with cap or paler; surface with faint

reticulations over apex, sometimes overall. Flesh firm; white. Odor mild, pleasant. Taste mild, pleasant. Spores subfusiform, 12-16(18) x 3.5-5.5 μ .. Deposit olive-brown. Habitat often in large numbers in mixed woodlands, especially beech and oak. Found throughout northern and eastern North America, not known from Europe. Season July-September. Edible-good.

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Boletus Relatives Tall Stemmed Boletes:

LECCINUM Like their relatives the Boletes they have pores in place of gills on the underside of the cap. The caps are dry, the stems are normally long, longer than the cap is wide, and decorated with small woolly scales.

[Leccinum Aurantiacum : Orange-capped Bolete](#)

[Leccinum Quercinum : Orange Oak Bolete](#)

[Leccinum Rugosiceps](#)

[Leccinum Versipelle : Orange Birch Bolete](#)

Leccinum Aurantiacum : Orange-capped Bolete

Cap 8–16cm across, orange to apricot, brown, smooth or slightly downy-fibrillose, cuticle overhanging tubes as an irregular skirt up to 3mm deep. Stem 80–14018–48mm, initially covered in white scales which gradually turn rusty then dark brown. Flesh cream turning vinaceous in cap and stem base and sepia elsewhere. Taste and smell pleasant. Tubes white, vinaceous on exposure to air. Pores very small, white or cream bruising vinaceous. Spore print ochraceous buff. Spores subfusiform, 14–16.54–5. Habitat with aspens. Season late summer to autumn. Rare. Edible. Distribution, America and Europe.

See Recipes

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Leccinum Quercinum : Orange Oak Bolete

Cap 6–15cm, chestnut to date-brown, fibrillose scaly, becoming smooth and more rusty, margin overhanging the pores. Stem 110–18020–35mm, pale brown to buff at apex with whitish scales becoming pale brown, stem whitish to buff towards base with whitish scales becoming rusty or

purplish date, darkening on handling. Flesh white to cream rapidly pink or vinaceous in cap, more grey in the stem sometimes with a slight green flush in the base. Taste and smell pleasant. Tubes white to pale buff becoming vinaceous or cigar-brown. Pores small, similarly coloured. Spore print snuff-brown. Spores subfusiform, 12–153.5–5. Habitat with oak. Season late summer to autumn. Rare. Edible. Found In Europe, not known from North America.

See Recipes

4 Caesar's Treat

11 Ceps With Paprika

12 Stuffed Ceps



Leccinum Rugosiceps

Cap 5-15cm across, convex; yellow-ochre to orange-yellow or yellow-brown when old; dry or moist, not viscid, surface pitted, rugulose-wrinkled, often becoming cracked-areolate with maturity. Tubes depressed or free around stem; yellow. Pores small; bright yellow. Stem 80-100 x 20-

30mm, equal to clavate, fleshy, firm; pale yellow to pallid overall; surface floccose, punctate with a resinous feel, floccules darkening to blackish with age. Flesh thick, firm; pale yellow, turning reddish when cut. Odor pleasant. Taste pleasant. Spores fusiform, (14)16-21 x 5-5.5 μ . Deposit olive-brown. Habitat often gregarious in grassy oak woods. Found throughout northeastern North America, not known from Europe. Season July-September. Edible – good.

See Recipes

4 Caesar's Treat

11 Ceps With Paprika

12 Stuffed Ceps



Leccinum Versipelle : Orange Birch Bolete

Cap 8–20cm, tawny orange, slightly downy at first becoming smooth, dry to very slightly viscid, the margin overhanging the pores. Stem up to 20015–40mm, white or greyish covered with woolly brownish-black scales. Flesh white then dark vinaceous, but blue-green in stem base,

finally blackish. Taste and smell pleasant. Tubes white to buff, vinaceous on cutting. Pores small, mouse-grey at first later ochraceous, bruising vinaceous. Spore print ochraceous snuff-brown. Spores subfusiform, 12.5–15.4–5. Habitat with birch in scrub or open woodland. Season summer to autumn. Common. Edible – good. Found In Europe, not known from North America.

See Recipes

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12 Stuffed Ceps



Boletus Relatives : Sticky Capped Boletes

Members of the genus *Suillus* generally have sticky caps, and often the stems are viscous too. Like their relatives the Boletes they have pores in place of gills on the underside of the cap. Some have a distinct ring (annulus), and many have spots (puncti) on the stem. To prepare for cooking it is best to remove the sticky layer on the caps.

[*Suillus Borealis*](#)

[*Suillus Americanus*](#)

[*Suillus Granulatus* : Weeping Bolete](#)

[*Suillus Variiegatus* : Velvet Bolete](#)

[*Suillus Variiegatus* : Velvet Bolete](#)

Suillus Americanus

Cap 3-10cm across, broadly convex with a low umbo and incurved margin, which may have remnants of a yellowish, cottony veil hanging from it; bright yellow with red or brownish streaks and hairy patches; slimy and sticky. Tubes adnate to decurrent; yellow, staining reddish brown when bruised. Pores large, angular; yellow becoming darker with age. Stem 30-90 x 4-10mm, often crooked, becoming hollow; lemon yellow with dots that bruise darker, as do other parts of stem if handled. Veil partial veil, not attached to stalk, leaves no ring on stem. Flesh mustard yellow, staining pinky-brown when bruised. Odor not distinctive. Taste not distinctive. Spores ellipsoid to subfusoid, 8-11 x 3-4 μ . Deposit dull cinnamon. Habitat singly or gregarious under eastern white pine. Very common. Found in northeastern North America. Season July-October. Edible-good. Comment Similar to *Suillus sibiricus*), which has a ring and is found in West North America. Not known from Europe.

See Recipes

4 Caesar's Treat

11 Ceps With Paprika

12 Stuffed Ceps



Suillus borealis

Cap 4-12cm across, convex; dark reddish brown to chocolate brown; with gelatinous purple-brown veil. Tubes 4-7mm. Pores about 2 per mm; pale, dull yellow. Stem 10-50 x 10-30mm, white becoming yellowish, dotted with sticky glands. Veil dull lavender or purplish; gelatinous. Flesh white.

Odor slight. Taste slight, pleasant. Spores fusoid, 7-8 x 2.8-3 μ . Deposit dull cinnamon. Habitat gregarious or growing in dense tufts under western white pine. Common. Found in the northern Rocky Mountains, not known from Europe. Season October-November. Edible-excellent.

See Recipes

4 Caesar's Treat

11 Ceps With Paprika

12 Stuffed Ceps



Suillus Granulatus : Weeping Bolete

Cap 3–9cm, rusty brown to yellowish, viscid, when wet, shiny when dry. Stem 35–807–10mm, lemon-yellow flushed vinaceous to coral towards the base, the upper region covered in white or pale yellow granules which exude pale milky droplets. Flesh lemon-yellow, lemon-chrome in stem,

paler in cap. Taste and smell slight but pleasant. Tubes buff to pale yellow, unchanging. Pores small, similarly coloured, exuding pale milky droplets. Spore print ochraceous sienna. Spores subfusiform-ellipsoid, 8–102.5–3.5. Habitat with conifers. Season late autumn. Common. Edible, after removing the slimy skin. Distribution, America and Europe.

See Recipes

4 Caesar's Treat

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12 Stuffed Ceps



Suillus Grevillei : Larch Bolete

Cap 3–10cm, yellow to chrome becoming flushed rust, viscid with pale lemon gluten, shiny when dry. Stem 50–7015–20mm, yellow above the whitish ring and punctate or occasionally netted, flushed cinnamon below. Flesh pale yellow in cap, darker lemon-chrome in the stem. Taste and

smell not distinctive. Tubes pale yellow. Pores small, angular, lemon-yellow becoming flushed sienna, bruising rust. Spore print ochre to sienna. Spores subfusiform-ellipsoid, 8–113–4. Habitat with larch. Season late summer to autumn. Very common. Edible, after removing the slimy skin. Distribution, America and Europe.

See Recipes

4 Caesar's Treat

11 Ceps With Paprika

12 Stuffed Ceps



Suillus Variegatus : Velvet Bolete

Cap 6–13cm, rusty tawny or ochraceous to olivaceous, speckled with darker, small, flattened scales, initially slightly downy becoming slightly greasy with age, tacky in wet weather. Stem 50–90/15–20mm, ochre, more yellow towards apex, flushed rust-colour below. Flesh pale lemon in cap,

more deeply coloured in stem base, sometimes tinged with blue throughout or above the tubes. Taste slight, smell strongly fungusy. Tubes dark buff. Pores subangular and compound, ochre with olivaceous tint at first becoming more cinnamon. Spore print snuff-brown. Spores subfusoid-elongate to ellipsoid, 9–113–4. Habitat with conifers. Season late summer. Occasional. Edible. Found In Europe, not known from North America.

See Recipes

4 Caesar's Treat

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12 Stuffed Ceps



More Boletus Relatives

TYLOPILUS The spores of this genus are pinkish, and they will tend to discolor the mature pores pinkish, the edible species in this genus are confined to North America.

[Gyroporus Castaneus : Chestnut Bolete](#)

[Tylopilus Alboater](#)

[Tylopilus Badiceps](#)

[Tylopilus Ballouii](#)

[Tylopilus Chromapes](#)

Gyroporus Castaneus : Chestnut Bolete

Cap 3–10cm, cinnamon to rusty tawny becoming darker with age, slightly downy at first, later smooth. Stem 35–9511–30mm becoming hollow, concolorous with cap but often paler at apex. Flesh firm, white, unchanging. Taste mild and nutty-sweetish; smell slight. Tubes white then straw-coloured, darkening with age. Pores virtually free, similarly coloured, not bruising when handled. Spore print pale straw-colour. Spores ellipsoid 8–114.5–6. Habitat usually associated with oak. Season summer to autumn. Rare. Edible – excellent. Distribution, America and Europe.

See Recipes

4 Caesar's Treat

11 Ceps With Paprika

12 Stuffed Ceps



Tylopilus Alboater

Cap 3-20cm across, convex, soon flattened; deep blackish brown with white bloom when young; dry, velvety. Tubes adnate, sunken around stem; pallid then pink. Pores small; pinkish. Stem 40-110 x 20-40mm, equal; white to slightly pink. Odor pleasant. Taste mild. Spores fusiform, smooth,

8-11 X 3.5-5 μ . Deposit pinkish. Habitat under deciduous trees, especially oak. Frequent. Found in eastern North America, west to Michigan and Texas. Season July-September. Edible.

See Recipes

4 Caesar's Treat

11 Ceps With Paprika

12 Stuffed Ceps



Tylopilus Badiceps

Cap 4-8cm across, broadly convex, becoming somewhat centrally depressed when mature; dark brownish red or dark maroon; dry, velvety. Tubes adnate; white, becoming dingy with age. Pores minute; white, becoming dingy with age. Stem 40-50 x 15-30mm, solid, sometimes

slightly swollen in the middle; brownish; smooth, radiating. Flesh white, when bruised brown spots slowly develop. Odor mild, sweet, suggestive of molasses. Taste similar. Spores narrowly ellipsoid, smooth, 8-10 x 3.5-4.5 μ . Deposit purplish brown. Habitat on the ground in oak and mixed woods. Found in northeastern North America. Season August-September. Edible - good.

See Recipes

5 Lactarius And Beans

11 Ceps With Paprika

12 Stuffed Ceps



Tylopilus Ballouii

Cap 5-12cm across, convex to flattened, often irregular in outline; bright fiery orange to reddish brown or cinnamon; dry, slightly roughened to subtomentose. Tubes white bruising brown. Pores cream to smoky brown where bruised. Stem 25-120 x 7-25mm, equal to swollen-clavate; pallid to

pale yellow-orange, white at base; dry, smooth to subreticulate at apex. Flesh spongy; white, turning slightly brownish orange where eaten by insects. Odor pleasant. Taste mild. Spores ellipsoid, smooth, 8-10 X 4-5 μ . Deposit vinaceous brown. Habitat under mixed deciduous trees, especially beech. In some years quite abundant. Found from New York down to North Carolina. Season July-September. Edible.

See Recipes

4 Caesar's Treat

11 Ceps With Paprika

12 Stuffed Ceps



Tylopilus Chromapes

Cap 3-15cm across, convex becoming flatter, with margin often flared and irregular in age; rose-pink, fading in age. Tubes 5-12mm deep, depressed to nearly free; white, yellowish, finally pinkish or brownish. Pores 2-3 per mm, round to angular; white when young. Stem 40-150x 10-25mm solid,

usually pinched off at the base; whitish above to paler pink then deep chrome yellow at base; firm, dry, dotted with pink or reddish scales. Flesh soft; white or pink-tinted. Odor not distinctive. Taste very slightly acid. Spores ellipsoid, smooth, 11-17 x 4-5.5 μ . Deposit rosy brown. Habitat singly or scattered on the ground under hardwoods or conifers. Found in northeastern North America, south to Georgia. Season June-August. Edible-good.

See Recipes

4 Caesar's Treat

11 Ceps With Paprika

12 Stuffed Ceps



The Chanterelles Family

The Chanterelles normally have only rather primitive gills little more than folds on the underside of the cap, normally they run downwards onto the stem (decurrent).

[Cantharellus Cibarius : Chanterelle or Girolle](#)

[Cantharellus Infundibuliformis : Trumpet Chanterelle](#)

[Cantharellus Tubaeformis](#)

[Cantharellus Subalbidus : White Chanterelle](#)

[Craterellus Cornucopioides : Horn of Plenty](#)

Cantharellus Cibarius : Chanterelle or Girolle

Cap 3–10cm across, at first flattened with an irregular incurved margin later becoming wavy and lobed and depressed at the centre, pale to deep egg-yellow fading with age. Stem 30–805–15mm, solid, concolorous with cap or paler, tapering towards the base. Flesh yellowish. Taste watery at first then slightly peppery, smell faint, fragrant (of apricots). Gills narrow, vein-like, irregularly forked and decurrent, egg-yellow. Spore print ochraceous. Spores elliptical, 8–104.5–5.5. Habitat in all kinds of woodland, Season summer to late autumn. Occasional. Edible – excellent. Distribution, America and Europe. One of the great edibles, this is the favorite mushroom in Germany, where it is called Pfifferling.

See Recipe

3 Girolles À La Forestière



Cantharellus Infundibuliformis : Trumpet Chanterelle

Cap 2–5cm across, convex with depressed centre, becoming funnel-shaped with an irregular wavy margin, dark dingy brown. Stem 50–80–9mm, hollow dirty yellow, often grooved or flattened. Flesh thin and tough, yellowish. Taste bitter, smell aromatic. Gills narrow, irregularly branched

and vein-like, yellowish at first then grey, decurrent. Spore print yellowish. Spores 9–126.5–8. Habitat on acid soils in deciduous or coniferous woods. Season autumn. Occasional. Edible. Also edible is *C. infundibuliformis* var. *lutescens* which differs in the fruit body being entirely yellowish. Distribution, America and Europe.

See Recipes

3 Girolles À La Forestière

9 Parasol Fritters



Cantharellus Tubaeformis

Cap 2-8cm across, convex then soon flat and depressed, funnel-shaped in center, margin in-rolled, wavy; deep yellow to yellow-brown, paler with age. Gills decurrent, narrow, blunt, and irregularly branched and vein-like; yellowish to gray-violet. Stem 25-80 x 4-10mm, hollow, often flattened or

grooved; yellow to dull yellow-orange. Flesh pallid yellow. Odor pleasant. Taste pleasant. Spores ellipsoid, smooth, 8-12 x 6-10 μ . Deposit white. Habitat often in large troops in wet, mossy bogs. Found throughout northern North America. Season July-October. Edible-good. Comment The very similar *Cantharellus infundibuliformis* Fr. has a darker cap, duller stem, and cream to yellowish spores.

See Recipes

3 Girolles À La Forestière

19 Oyster Mushrooms With Okra



Cantharellus Subalbidus : White Chanterelle

Cap 5-13cm across, flat to broadly depressed with a somewhat wavy margin; whitish bruising yellowy or orange or orange-brown; smooth or slightly scaly in age. Gills close, often forked, cross veined, distant ridges descending stalk; whitish. Stem 20-60 x 10-30mm, stout; white discoloring

brownish; dry, smooth. Flesh thick, firm; white. Spores ellipsoid, smooth, 7-9 x 5-5.5 μ . Deposit white. Habitat scattered or in groups on the ground under mixed conifers or mixed oaks. Common. Found in the Pacific Northwest. Season September-November. Edible-excellent, and much sought after in western North America, not known from Europe.

See Recipes

3 Girolles À La Forestière

4 Caesar's Treat

14 Field Mushrooms *Agaricus Campestris*



Craterellus Cornucopioides : Horn of Plenty

Cap 2–8cm across, deeply tubular with flared mouth, becoming irregularly crisped and wavy at the margin, thin and leathery, dark brown to black and scurfy scaly when moist drying paler and greyish brown. Spore-bearing or outer surface ashy grey, smooth in young specimens becoming somewhat

undulating with age. Spores white, elliptic, 10–116–7. Habitat gregarious or clustered amongst leaf litter of deciduous woods. Season late summer to late autumn. Occasional but locally abundant. Edible – good. Distribution, America and Europe. ‘Trompette des morts’ is the name given to it by French chefs. There is another very similar species in North America that is also a good edible *Craterellus fallax*.

See Recipes

19 Oyster Mushrooms With Okra



The Puffball Family

Puffballs sometimes called stomach fungi. They develop their spores internally and distribute them by breaking open as they mature. A single rain drop will cause a burst of brown spores on a mature specimen. Only eat them when they are immature and the flesh is white the whole way through.

[Langermannia Gigantea : Giant Puffball](#)

[Calvatia Utriformis](#)

[Lycoperdon Perlatum : Common Puffball](#)

[Lycoperdon Pyriforme : Stump Puffball](#)

[Vascellum Pratense : Meadow Puffball](#)

Langermannia Gigantean : Giant Puffball

Fruit body 7–80cm across, subglobose, whitish and leathery, the outer wall breaking away to expose the spore mass, attached to the substrate by a root-like mycelial cord which breaks leaving the fruit body free to roll around and so scatter the millions of spores. Gleba olivaceous-brown and powdery at maturity; sterile base absent or rudimentary. Spores tawny brown, globose, finely warted, 3.5–5.5 in diameter. Habitat in gardens, pasture and woods. Season summer to autumn. Uncommon but locally frequent. Edible when still white and firm – good. Distribution, America and Europe.

See Recipes

9 Parasol Fritters

9(A) Mushroom And Potato Pan Scones

10 Crunchy Puffball



Calvatia Utriformis

Fruit body 6–12cm across, squat and pear-shaped when mature tapering towards the base, white to pale grey-brown finally darker brown, outer wall consisting of scurfy warts and soon breaking up into hexagonal patches leaving the fragile inner wall to flake off irregularly at the top.

Gleba olivaceous-brown and powdery; sterile base thick, up to one-half of the fruit-body. Spores olive-brown, globose, warty, 4–5 in diameter. Habitat in pastures or on heaths, usually on sandy soil. Season summer to late autumn but the old cup-shaped sterile bases often persisting from one season to the next. Edible when young. Found In Europe.

See Recipes

9(A) Mushroom And Potato Pan Scones

10 Crunchy Puffball



Lycoperdon Perlatum : Common Puffball

Fruit body 2.5–6cm across, 2–9cm high, subglobose with a distinct stem, white at first becoming yellowish brown, outer layer of short pyramidal warts especially dense on the head, rubbing off to leave an indistinct mesh-like pattern on the inner wall which opens by a pore. Gleba olive-brown at

maturity; sterile base spongy, occupying the stem. Spores olivaceous-brown, globose, minutely warted, 3.5–4.5. Habitat woodland. Season summer to late autumn. Common. Edible when young. Distribution, America and Europe.

See Recipes

9(A) Mushroom And Potato Pan Scones

10 Crunchy Puffball



Lycoperdon Pyriforme : Stump Puffball

Fruit body 1.5–4cm across, 3.5cm high, subglobose to club-shaped, attached to the substrate by mycelial strands, whitish at first finally yellowish- or greyish-brown, outer layer of scurfy spines, warts, or granules, inner wall becoming smooth and papery, opening by an apical

pore. Gleba olive-brown; sterile base occupying the stem spongy, but the cavities forming rather small cells. Spores olive-brown, globose, smooth, 3–4 in diameter. Capillitium distinctive in being formed of brownish branched threads which lack all trace of tiny hyaline pores, all other members of the genus have poroid capillitial threads. Habitat in groups or swarms on rotten logs or stumps, often appearing to grow in soil but in reality attached to buried wood by the characteristic white mycelial cords. Season summer to late autumn. Common. Edible when young. Distribution, America and Europe.

See Recipes

9(A) Mushroom And Potato Pan Scones

10 Crunchy Puffball



Vascellum Pratense : Meadow Puffball

Fruit body 2–4cm across, subglobose narrowed into a short squat stem, white at first then yellowish flesh-coloured, finally light brown, outer layer scurfy and with some small white spines, inner wall smooth and shining opening by a small pore but eventually the upper part breaking away

totally leaving the fruit body bowl-shaped. Gleba olive-brown; sterile base well-developed, separated from the spore mass by a distinct membrane. Spores olive-brown, globose, finely warted, 3–5.5 in diameter. Habitat on lawns, golf-courses or pasture. Season summer to late autumn. Common. Edible when young. Distribution, America and Europe.

See Recipes

10 Crunchy Puffball



The Mushroom Family

The normal store-bought mushrooms are in this genus. They are usually divided into two sections, those tending to yellow when cut or bruised and those showing pink discoloration. Note smells. Avoid eating the ones that bruise yellow until you are certain they are edible. All have dark brown spores on maturity.

[Agaricus Campestris : Pink Bottom or Field Mushroom](#)

[Agaricus Bisporus : Champignon de Paris : Cultivated Mushroom](#)

[Agaricus Arvensis : Horse Mushroom](#)

[Agaricus Augustus : The Prince](#)

[Agaricus Silvaticus](#)

Agaricus Campestris : Pink Bottom or Field Mushroom

Cap 3–10cm across, domed and remaining so a long time before expanding fully, white sometimes creamy yellow, scaly or smooth. Stem 30–100 x 10–15(20)mm, white sometimes yellowing slightly towards the tapered base; ring thin and white, short-lived, often little more than a torn frill. Flesh white, bruising faintly pink especially above the gills. Taste and smell pleasant and mushroomy. Gills deep pink even in unopened ‘buttons’, finally darkening to brown. Cheilocystidia lacking. Spore print brown. Spores ovoid, 7–8 x 4–5 μ . Habitat in pastureland. Season late summer to autumn. Frequent. Edible – excellent. Distribution, America and Europe.

See Recipes

14 Field Mushrooms Agaricus Campestris

17 Blewit And Chicken Pie



Agaricus Bisporus : Champignon de Paris : Cultivated Mushroom

Cap 5–12cm across, hemispherical expanding convex, greyish-brown to umber covered in brown radiating fibres and often slightly scaly with age. Stem 35–55 x 8–14mm, white, often flaky below the membranous

sheathing ring. Flesh white bruising faintly red. Taste and smell mushroomy. Gills dirty pinkish darkening with age. Cheilocystidia thin-walled, elongate-clavate, 17–44 x 7–14 μ . Spore print brown. Spores ovate to subglobose, 4–7.5 x 4–5.5 μ . Basidia two-spored, separating this species from the rest of this genus which all have four-spored basidia. Habitat on manure heaps, garden waste and roadsides, not in grass. Season late spring to autumn. Occasional. Edible. Distribution, America and Europe. This species is believed to be the wild ‘parent’ of many of the cultivated crop varieties, all of which have two-spored basidia.

See Recipes

14 Field Mushrooms *Agaricus Campestris*

17 Blewit And Chicken Pie



Agaricus Arvensis : Horse Mushroom

Cap 8-20cm, convex with flattened disc, especially when young; white to dull brassy yellow with age or when bruised; smooth to distinctly floccose-scaly, sometimes quite coarsely in dry weather. Gills free, crowded; white to grayish (not pink), then dark brown. Stem 60-150 x 10-25mm, equal to

clavate; white; smooth to slightly floccose-scaly below the ring; ring large, thick, pendant, upper side smooth, underside with cogwheel-like veil remnants. Flesh firm; white, when cut turning slightly buff to yellowish. Odor pleasant, almond-like. Taste pleasant, almond-like. Spores ovate, 7-9 x 4.5-6 μ . Deposit deep brown. Habitat in fields and meadows. Found throughout Europe and North America. Season June-October. Edible. Note the poisonous varieties of *Agaricus* stain yellow to the touch.

See Recipes

14 Field Mushrooms *Agaricus Campestris*

17 Blewit And Chicken Pie



Agaricus Augustus : The Prince

Cap 10–20cm across, obtusely ovoid at first expanding convex, yellowish-brown covered in chestnut-brown fibrous scales. Stem 100–200 x 20–40mm, whitish with small scales below the ring which discolour brownish with age, bruising yellowish; ring white, large and pendulous. Flesh thick

and white, becoming tinged reddish with age. Taste mushroomy, smell strongly of bitter almonds. Gills free, white at first then brown. Cheilocystidia formed of chains of bladder-shaped elements. Spore print purple brown. Spores ellipsoid, 7–10 x 4.5–5.5 μ . Deposit dark brown. Habitat in coniferous and deciduous woods. Season late summer to autumn. Uncommon. Edible – good. Distribution, America and Europe.

See Recipes

14 Field Mushrooms *Agaricus Campestris*

17 Blewit And Chicken Pie



Agaricus Silvaticus

Cap 4-10cm across, convex with a slightly flattened disc; reddish brown to umber on a paler ground; with distinct, scattered, pointed scales. Gills free; slightly pink then chocolate brown, edge paler; sterile. Stem 50-100 x 5-15mm, bulbous; white; squamulose to smooth; ring large, white, with

underside slightly woolly-floccose. Flesh white bruising red on cutting. Odor pleasant, slightly anise-like. Taste pleasant. Spores ovoid 4.5-6 x 3-3.5 μ . Deposit deep brown. Habitat under pine. Found in Europe and eastern North America. Season September-October. Edible-good.

See Recipes

14 Field Mushrooms *Agaricus Campestris*

17 Blewit And Chicken Pie



Other Mushrooms Found In Fields

[Calocybe Gambosa : St George's Mushroom](#)

[Lepista Saeva : Field Blewit or Blue-leg](#)

[Marasmius Oreades : Fairy Ring Champignon](#)

[Volvariella Speciosa : Common Rosegill](#)

[Macrolepiota Procera : Parasol](#)

[Ustilago Maydis : Corn Smut](#)

Coprinus Comatus : Shaggy Inkcap or Lawyer's Wig

Cap 5–15cm high, cylindrical, white with buff centre, the cuticle breaking up into large white shaggy, brownish-tipped scales. Stem 100–37010–25mm, swollen, sometimes rooting at the base, white; ring white and loose often falling to base of stem. Smell faint and pleasant. Gills white then pink or vinaceous, finally black and deliquescing from margin upwards. Spore print brownish black. Spores almond-shaped, 10–136.5–8. Habitat in grass by roadsides, on rubbish heaps or lawns, particularly on recently disturbed soil. Season late summer to autumn. Common. Edible – good, but only while the gills are still white. Distribution, America and Europe.

See Recipe

7 Baked Egg And Ink Caps



Calocybe Gambosa : St George's Mushroom

Cap 5–15cm across, subglobose then expanding, often irregularly wavy and sometimes cracking, margin in-rolled, white. Stem 20–40 x 10–25mm, white. Flesh white, soft. Taste and smell mealy. Gills narrow, very crowded, whitish. Spore print white. Spores elliptical, 5–6 x 3–4. Habitat

in grass on roadsides and wood edges or in pastureland. Season found traditionally on 23 April, St George's Day, whence it gets its name although more frequently maturing a week or so later. Occasional. Edible – good. (Never eat any mushroom until you are certain it is edible as many are poisonous and some are deadly poisonous.) Distribution, America and Europe.

See Recipes

1. Saint George's Treat

14 Field Mushrooms *Agaricus Campestris*



Lepista Saeva : Field Blewit or Blue-leg

Cap 6–10cm across, convex then flattened or depressed, often wavy at the margin, pallid to dirty brown. Stem 30–60/15–25mm, often swollen at the base, bluish-lilac, fibrillose. Flesh thick, whitish to flesh-coloured. Taste and smell strongly perfumed. Gills crowded, whitish to flesh-coloured.

Spore print pale pink. Spores elliptic, minutely spiny, 7–84–5. Habitat often in rings, in pastureland. Season autumn to early winter. Frequent. Edible – excellent. Distribution, America and Europe.

See Recipes

4 Caesar's Treat

14 Field Mushrooms *Agaricus Campestris*

17 Blewit And Chicken Pie



Marasmius Oreades : Fairy Ring Champignon

Cap 2–5cm across, convex then flattened with a large broad umbo, tan when moist drying buff tinged with tan at the centre. Stem 20–1003–5mm, whitish to pale buff, tough, rigid. Flesh thick at the centre of the cap, whitish. Smell of fresh sawdust. Gills white then ochre-cream, distant.

Spore print white. Spores pip-shaped, 8–10.5–6. Cuticular cells smooth, subglobose. Habitat often forming rings in the short grass of pasture or lawns. Season late spring to late autumn. Common. Edible but since it can be confused with the deadly *Clitocybe rivulosa* great care should be taken in collection, -avoid. Distribution, America and Europe.

See Recipes

3 Girolles À La Forestière

13 Roman Style Honey Mushroom



Volvariella Speciosa : Common Rosegill

Cap 5–10cm across, ovoid then convex to expanded, whitish with greyish-brown centre, viscid when moist. Stem 50–9010–15mm, white, tapering upwards from the base which is enclosed in a whitish or somewhat greyish bag-like volva. Flesh white. Taste mild, smell earthy. Gills broad,

crowded, white finally dark pink. Spore print pink. Spores print pink. Spores broadly elliptic, 13–188–10. Habitat on well manured ground, compost heaps and rotting straw. Season summer to autumn. Occasional. Edible but care should be taken in identification to avoid confusion with the deadly white-spored Amanitas; although the latter have rings, these may become detached. Distribution, America and Europe.

See Recipes

4 Caesar's Treat

7 Baked Egg And Ink Caps

14 Field Mushrooms *Agaricus Campestris*



Macrolepiota Procera : Parasol

Cap 10–25cm across, button spherical or egg-shaped expanding flattened with a prominent umbo, pale buff or grey-brown covered in darker shaggy scales. Stem 150–3008–15mm, 40mm at the bulb, white, with a grey-brown felty covering which becomes split into snake-like markings as the

stem expands; ring large, double, white on upper surface, brown below, movable on the stem. Flesh thin, soft, white. Taste sweet, smell slight, indistinctive. Gills free, white. Spore print white. Spores ovate with a germ-pore, dextrinoid, 15–2010–13. Habitat in open woods and pastures. Season summer and autumn. Uncommon. Edible – excellent. Distribution, America and Europe.

See Recipes

9 Parasol Fritters

9(A) Mushroom And Potato Pan Scones

14 Field Mushrooms *Agaricus Campestris*



Ustilago Maydis : Corn Smut

known in Mexico as Cuitlacoche

This smut fungus attacks maize or corn causing a bulbous greyish-white fungal growth with a black interior to form on the corn ears, and

sometimes a series of grey-black patches on leaves or stems. For farmers all over the world it has been considered a pest, but in Mexico the sweet corn infected with the fungus is a culinary delicacy known as Cuitlacoche or Huitlacoche (the name taken from the ancient Nahuatl). Pseudohyphae and short hyphae with clamp connections are sometimes present. The blastoconidia are irregular, spindle shaped. The teliospores are generated in the corn cob and on maturity are dispersed by wind, they then can overwinter in the soil and infect the next year's growth. For best eating, cuitlacoche should be harvested 16-18 days after infection, once the teliospores are mature. Edible and choice when maturing on corn cobs. Found all over the world, but most easily found in Mexico and some parts of the USA where deliberate infection takes place in order to produce a crop for sale. The images of Cuitlacoche in the edible stage has been lent to me by Jane Levi and Alex Veness.

See Recipe

5 Lactarius And Beans



Mushrooms Found In Woods

[Lepista Nuda : Wood Blewit](#)

[Amanita Caesarea : Caesar's Mushroom](#)

[Macrolepiota Rhacoides : Shaggy Parasol](#)

[Hydnum Repandum : Wood Hedgehog](#)

[Lyophyllum Decastes : Chicken Mushroom](#)

[Laccaria Amethystea : Amethyst Deceiver](#)

[Hypomyces Lactifluorum : Lobster Mushroom](#)

Lepista Nuda : Wood Blewit

Cap 6–12cm across, flattened-convex becoming depressed and wavy, bluish lilac at first then more brownish, drying paler. Stem 50–9015–25mm, often slightly bulbous at the base, bluish-lilac, fibrillose. Flesh thick, bluish-lilac. Taste and smell strongly perfumed. Gills crowded, bluish-lilac fading with age to almost buff. Spore print pale pink. Spores elliptic, minutely spiny, 6–84–5. Habitat in woodland, hedgerows and gardens. Season autumn to early winter. Common. Edible – excellent. Distribution, America and Europe.

See Recipes

17 Blewit And Chicken Pie



Amanita Caesarea : Caesar's Mushroom

Cap 6–18cm across, ovoid or hemispherical becoming expanded convex, clear orange-red, fading or ageing more yellowish, smooth and slightly viscid, finely lined at the margin. Stem 50–12015–25mm, yellow with a large yellow pendulous ring which is often striate, the basal bulb is

encased in a large, white bag-like volva. Flesh whitish, distinctly yellow below the cap cuticle. Taste pleasant, smell faint and delicate. Gills free and crowded, yellow. Spore print white to yellowish. Spores elliptical, nonamyloid, 10–146–11. Well known in Europe and Asia, not yet found in Britain, this species favours open deciduous woodland, especially with oaks, in warm regions. The similar American species should be avoided. Season summer to autumn. Edible – excellent, this species has been a prized esculent since Roman times and due to its orange-red cap and yellow skin and gills it is not easily confused with others.

See Recipes

4 Caesar's Treat



Macrolepiota Rhacoides : Shaggy Parasol

Cap 5–15cm across, ovate then expanding to almost flat, disrupting into broad, pallid, often slightly reflexed scales on a fibrous background, giving the cap a shaggy, torn appearance. Stem 100–15010–15mm, thickened towards the bulb which is usually oblique, whitish tinged dirty pinkish-

brown, bruising reddish brown when fresh; ring double, membranous, movable on the stem. Flesh white becoming orange to carmine red on cutting. Taste pleasant, smell strongly aromatic. Gills white, tinged reddish in older specimens, bruising reddish. Spore print white. Spores elliptic with germ-pore, dextrinoid, 10–126–7. Habitat woods shrubberies of all kinds, often with conifers. Season summer to late autumn. Frequent. Edible but may cause gastric upsets in some people. Distribution, America and Europe. There is a variety that is often found in gardens sometimes on rubbish heaps, that has larger more distinct scales on the cap.

See Recipes

9 Parasol Fritters

14 Field Mushrooms *Agaricus Campestris*



Hydnum Repandum : Wood Hedgehog

Fruit body usually single. Cap 3–17cm across, flattened convex or centrally depressed, even, velvety at first then more suede-like, cream, yellowish or pale flesh-coloured. Stem 35–7515–40mm, often off-centered, cylindrical, finely downy, white bruising yellow near the base.

Taste bitter after a few seconds, smell pleasant. Spines 2–6mm long, whitish to salmon pink. Spores white, broadly ellipsoid to subglobose, 6.5–95.5–7. Habitat deciduous or coniferous woods. Season late summer to late autumn. Frequent. Edible – excellent, commonly sold in European markets. Distribution, America and Europe. French chefs call this mushroom ‘Pied de mouton’.

See Recipes

9 Parasol Fritters

14 Field Mushrooms *Agaricus Campestris*



Lyophyllum Decastes : Chicken Mushroom

Cap 4–10cm across, convex then expanded, becoming wavy, grey-brown to brown, with silky or silvery streaks. Stem 30–60 x 10–20mm, tough, fibrous, often eccentric, white at apex becoming brownish towards the base. Flesh whitish. Taste and smell not distinctive. Gills white to greyish.

Spore print white. Spores subglobose, 5–7.5–6. Habitat in clusters on the ground in open woodland. Season summer to autumn. Occasional. Edible – good. (Never eat any mushroom until you are certain it is edible as many are poisonous and some are deadly poisonous.) Distribution, America and Europe. Note some mycologists synonymise *Lyophyllum decastes* and *Lyophyllum loricatum*.

See Recipes

14 Field Mushrooms *Agaricus Campestris*



Laccaria Amethystea : Amethyst Deceiver

Cap 1–6cm across, convex to flattened or centrally depressed, deep purplish-lilac when moist drying pale lilac-buff, surface slightly scurfy at centre especially with age. Stem 40–100 x 5–10mm, concolorous with stem, covered in whitish fibres below but mealy near the apex, base

covered in lilac down, passing into the lilac mycelium. Flesh thin, tinged lilac, stem becoming hollow. Taste and smell not distinctive. Gills often distant, concolorous with cap, becoming powdered white. Spore print white. Spores globose, spiny, 9–11 in diameter. Habitat coniferous or deciduous woods, often with beech. Season late summer to early winter. Very common. Edible. (Never eat any mushroom until you are certain it is edible as many are poisonous and some are deadly poisonous.) Distribution, America and Europe.

See Recipes

4 Caesar's Treat



Hypomyces Lactifluorum : Lobster Mushroom

This is a mold-like parasitic fungus found only on species of white russula and lactarius mushrooms, e.g., *Russula brevipes* and *Lactarius piperatus*. The fungus completely covers its host mushroom with a vivid orange to cinnabar-red coating which has minute pustules when viewed under a lens.

Each bump is a flask-like vessel in which the spores are produced (perithecium). The gills of the host mushroom are almost completely aborted by the parasite. Spores spindle-shaped, strongly warty, clear, 35-50 x 4-5 μ ; equally divided into 2 cells. Habitat in woods on white lactarius and russula mushrooms. Found throughout North America. Season July-September. Edible. This can be a delicious fungus, greatly improving the flavor of the host mushroom, but caution should be observed since accurate identification of the host is sometimes impossible; it just might parasitize a poisonous species.

See Recipes

21 Lobster Mushroom Stirabout With Noodles



Milk Caps And Russulas

Lactarius mushrooms are known as Milk Caps because they exude or lactate a liquid on damaging, the 'milk' can be white watery, yellow orange or even blue. Russulas are known as brittle caps as the flesh is granular and breaks easily. Many Russulas are very hot or bitter make sure of your identification before cooking and eating them.

[Lactarius Deliciosus : Saffron Milkcap](#)

[Lactarius Volemus](#)

[Russula Claroflava : Yellow Swamp Brittlelegill](#)

[Russula Cyanoxantha : Charcoal Burner](#)

[Russula Virescens : Green-cracked Brittlelegill](#)

[Russula Heterophylla : Greasy Green Brittlelegill](#)

[Russula Aeruginea : Green Brittlelegill](#)

[Russula Parazurea : Powdery Brittlelegill](#)

[Russula Vesca : Bare-toothed Brittlelegill](#)

[Russula Xerampelina : Crab Brittlelegill](#)

Lactarius Deliciosus : Saffron Milkcap

Cap 3–10cm across, convex then shallowly funnel-shaped, with numerous small purplish-brick to salmon blotches arranged in narrow, concentric bands on a pale flesh or rosy buff background, becoming tinged greenish in places, slightly sticky, firm, brittle, margin incurved at first. Stem 30–60/15–20mm, pale buff or vinaceous to orangy or salmon, sometimes with darker, shallow, spot-like depressions, becoming green in places. Flesh pale yellowish, carrot in places from the milk (after one hour or so) fading and finally dull greyish green. Gills slightly decurrent, closely spaced, pale pinkish apricot to saffron, becoming carrot and slowly dull pistachio green on bruising. Milk carrot; taste mild or slightly bitter. Spore print pale ochre (F). Spores elliptic, with thin to thickish ridges forming a fairly full network, 7–9/6–7. Habitat under pine or spruce. Season summer to autumn. Edible and much esteemed in Spain. Distribution, America and Europe.

See Recipes

4 Caesar's Treat

5 Lactarius And Beans



Lactarius Volemus

Cap 5–11cm across, convex with a depression, coloured apricot to tawny, fleshy, firm, shortly velvety to smooth, not sticky. Stem 40–12010–30mm, concolorous with cap, but usually paler, shortly velvety to smooth, solid. Flesh whitish, firm. Gills slightly decurrent, narrow, somewhat closely

spaced, easily breaking, pale golden yellow, bruising brown. Gill cystidia abundant, with thick, wavy walls. Milk white, abundant; taste mild. Smell fishy. Spore print whitish (B). Spores spherical; ridges thick, a few thin, forming a complete network, 8–10.8–9.5. Cap surface cellular, cap and stem surfaces with spindle-shaped, tapering cystidia. Habitat under both coniferous and broad-leaved trees. Season summer to autumn. Uncommon. Edible – good. Distribution, Europe and America where many varieties have been described.

See Recipes

4 Caesar's Treat

5 Lactarius And Beans



Russula Claroflava : Yellow Swamp Brittlelegill

Cap 4–10cm across, convex, with a depression later, yellow to ochre yellow, fairly fleshy, slightly sticky, shining, less so when dry, peeling halfway; margin finally furrowed. Stem 40–10010–20mm, white, soft but not fragile. Flesh white. Taste mild or slightly hot. Gills adnexed to almost

free, pale ochre. All parts becoming dark grey on bruising or when old. Spore print pale ochre (F). Spores ovoid with warts up to 1 high, joined by numerous fine lines to form a fairly well-developed network, 9–107.5–8. Cap surface without cystidia; numerous hyphae with encrustations staining in fuchsin present. Habitat under birch, especially on wet ground. Season autumn, sometimes late spring to early summer. Frequent. Edible. (Never eat any mushroom until you are certain it is edible as many are poisonous and some are deadly poisonous.) Distribution, America and Europe.

See Recipes

4 Caesar's Treat

5 Lactarius And Beans



Russula Cyanoxantha : Charcoal Burner

Cap 5–15cm across, first globose, later flattening to depressed at the centre, sometimes one colour but usually a mixture, dullish lilac, purplish, wine-coloured, olive, greenish or brownish, sometimes entirely green (var. *peltereaui*), firm to hard, greasy when moist, with faint branching veins

radiating from centre, half peeling. Stem 50–10015–30mm, white, sometimes flushed purple, hard, giving no or a slightly greenish reaction when rubbed with iron salts not salmon as in most Russulas. Flesh white. Taste mild. Gills adnexed to slightly decurrent, whitish to very pale cream, rather narrow, oily to the touch and flexible, not brittle as in most Russulas, forked at times. Spore print whitish (A). Spores broadly elliptic, with low, up to 0.6 high warts; fine lines absent, 7–96–7. Cap cystidia scattered, small, short and narrow (2–4), cylindrical, teat-ended. Habitat under broad-leaved trees. Season summer to late autumn. Very common. Edible – good. Distribution, America and Europe.

See Recipes

4 Caesar's Treat

5 Lactarius And Beans



Russula Virescens : Green-cracked Brittle-gill

Cap 5–12cm across, globose, later convex, finally flattening and often wavy and lobed, verdigris to dull green often ochre-buff to cream in places, half peeling; surface breaking up into small, flattened, angular, scurfy scales. Stem 40–9020–40mm, whitish to pale cream, browning

slightly, powdered above, firm. Flesh white. Taste mild. Gills almost free, cream, somewhat brittle, with veins connecting the bases. Spore print whitish to pale cream (A–B). Spores ellipsoid-ovoid to somewhat globose with warts 0.2–0.5 high, fine lines absent to fairly numerous and forming a fairly well-developed network, 7–96–7. Cap cystidia none; gill cystidia few, not or hardly reacting with SV. Cap hyphae forming a loose, cellular layer of variously shaped or inflated cells, the terminal ones tapering. Habitat under broad-leaved trees, especially beech. Season summer to early autumn. Uncommon. Edible. (Never eat any mushroom until you are certain it is edible as many are poisonous and some are deadly poisonous.) Distribution, America and Europe.

See Recipes

4 Caesar's Treat

5 Lactarius And Beans



Russula Heterophylla : Greasy Green Brittlegill

Cap 5–10cm across, almost globose at first, later flattening and with a depression, various shades of green, brown or even ochre or (var. *chlora*) yellow, fairly firm, smooth or with radial branching veins. Stem 30–60 10–30mm, white, browning, firm, salmon when rubbed with an iron salt (this

distinguishes it from *R. cyanoxantha* var. *peltereaui*). Flesh white. Taste mild. Gills slightly decurrent at first, later adnexed, white to very pale cream, very closely spaced, thin, from somewhat flexible with an oily feel to somewhat brittle. Spore print whitish (A). Spores almost globose to elliptic or pear-shaped, with warts 0.2–0.6 high, mostly isolated, occasionally two to three joined together or connected by a line, 5–74–6 (smallest in genus). Cap hyphae terminations tapering or sometimes prolonged into a narrow, thick-walled hair, supporting cells rectangular or inflated; cap cystidia club-shaped, cylindrical, spindle-shaped or tapering. Habitat under broad-leaved trees. Season summer to early autumn. Occasional Distribution, America and Europe.

See Recipes

4 Caesar's Treat

5 Lactarius And Beans



Russula Aeruginea : Green Brittlegill

Cap 4–9cm across, convex then flattening or depressed, grass-green, sometimes with yellowish or brownish tinges, without any violaceous tints, often with rusty spots, centre usually darker, smooth or radially veined, peeling halfway; margin often furrowed. Stem 40–807–20mm,

white, fairly firm. Flesh white. Taste mild to slightly hot. Gills almost free, usually forking, yellowish-buff. Spore print cream (D–E). Spores elliptic, with rounded warts up to 0.6 high, some joined by fine lines to form a very incomplete network with 0–2 meshes, 6–105–7. Cap surface hyphae with rectangular, not inflated, supporting cells; cystidia cylindrical to spindle-shaped, without septa. Habitat under birch. Season summer to early autumn. Frequent. Edible. (Never eat any mushroom until you are certain it is edible as many are poisonous and some are deadly poisonous.) Distribution, America and Europe.

See Recipes

4 Caesar's Treat

5 Lactarius And Beans



Russula Parazurea : Powdery Brittlegill

Cap 3–8cm across, convex then flattening, with greyish, dark colours, olive, violet-grey, greyish sepia or chestnut or tinged with dull green, wine or violet, firm, rather fleshy, sometimes greasy, usually matt, often as if powdered when dry, half to three quarters peeling. Stem 30–70–20mm,

white. Flesh white. Taste mild or very slightly hot. Gills adnexed, pale buff, often forked. Spore print pale cream (C–D). Spores elliptic with warts up to 0.5 high, some isolated but mostly joined by lines forming a moderately developed network, 5.7–8.55–6.5. Cap hyphae with the terminal cell usually tapering and the supporting cells rectangular. Cap cystidia cylindrical to narrow club-shaped, without septa, moderately reacting to SV. Habitat under broad-leaved trees. Season early summer to autumn. Occasional. Edible. (Never eat any mushroom until you are certain it is edible as many are poisonous and some are deadly poisonous.) Found In Europe.

See Recipes

4 Caesar's Treat

5 Lactarius And Beans



Russula Vesca : Bare-toothed Brittlegill

Cap 5–10cm across, somewhat globose at first, later flattened convex, rather variable in colour, often with pastel tints, from dark or pale wine-coloured to buff, sometimes with olive or greenish tints, fleshy, firm, the skin half peeling, tending to retreat from the margin leaving the underlying

flesh visible. Stem 30–10015–25mm, white, rather hard, often with somewhat pointed base. Flesh white. Taste mild, nutty. Gills adnexed, whitish to very pale cream, rather closely spaced, narrow, forked, especially near stem. Gills and stem surface rapidly deep salmon when rubbed with an iron salt. Spore print whitish (A). Spores ovoid with small warts up to 0.5 high, very occasionally with short lines attached or joining pairs, 6–85–6. Cap cystidia cylindrical or spindle-shaped, without septa, hardly reacting to SV. Cap hyphae with cylindrical or tapering terminal cells or sometimes a long, tapering, thick-walled hair; supporting cells rectangular. Habitat under broad-leaved trees. Season summer to autumn. Frequent. Edible. (Never eat any mushroom until you are certain it is edible as many are poisonous and some are deadly poisonous.) Distribution, America and Europe.

See Recipes

4 Caesar's Treat

5 Lactarius And Beans



Russula Xerampelina : Crab Brittle-gill

Cap 5–14 cm across, convex, later flattening and with a depression, colours very varied, often mixed, dull purples, reds, wine-coloured, cinnamon, straw, fawn, brick or dull brown, moderately firm, sometimes hard, soon dry and matt; margin eventually furrowed, one-quarter peeling

at most. Stem 30–11010–30mm, white or tinted rose, staining honey to brownish ochre especially on bruising, firm to hard, reacting dull green when rubbed with iron salts. Flesh white. Taste mild, smell crab-like especially with age. Gills adnexed, pale to medium ochre, fairly broad and thick, connected by veins at their bases. Spore print deep cream to pale ochre (E–F). Spores ovoid with warts up to 1.2 high, lines none or few, occasionally enclosing a mesh, 8–116.5–9. Cap cystidia infrequent, mostly narrow, not reacting to SV. Cap hyphae with terminal cells sometimes club-shaped, and these and the supporting cells inflated. Habitat under broad-leaved trees, especially beech and oak. Season late summer to late autumn. Common. Edible. (Never eat any mushroom until you are certain it is edible as many are poisonous and some are deadly poisonous.) Distribution, America and Europe. This species has now been divided by most authorities into a number of different species and varieties.

See Recipes

4 Caesar's Treat

5 Lactarius And Beans



Edible Mushrooms Growing On Wood

[Laetiporus Sulphureus : Chicken of the Woods](#)

[Fistulina Hepatica : Beefsteak Fungus](#)

[Sparassis Crispa : Wood Cauliflower](#)

[Pleurotus Ostreatus : Oyster Mushroom](#)

[Pleurotus Eryngii \(D.C. ex Fr.\) Quélet](#)

[Agrocybe Cylindracea : Poplar Fieldcap](#)

[Armillaria Mellea : Honey Fungus](#)

[Kuehneromyces Mutabilis : Sheathed Woodtuft](#)

[Flammulina Velutipes : Velvet Shank](#)

[Grifola Frondosa : Hen of the Woods](#)

[Grifola Umbellata](#)

[Oudemansiella Mucida : Porcelain Fungus](#)

Laetiporus Sulphureus : Chicken of the Woods

Bracket 10–40cm across, fan-shaped or irregularly semicircular, thick and fleshy, usually in large tiered groups; upper surface uneven, lumpy, and wrinkled, suede-like, lemon-yellow or yellow-orange drying pallid or straw-coloured; margin obtuse. Flesh at first succulent and exuding a yellowish juice when squeezed, but white and crumbly with age. Taste pleasant and slightly sourish, smell strong and fungusy. Tubes 1.5–3mm long, sulphur-yellow. Pores 1–3 per mm, circular or ovoid, sulphur-yellow. Spores white, ellipsoid to broadly ovate, 5–73.5–4.5. Hyphal structure dimitic with generative and binding hyphae; generative hyphae without clamp-connections. Habitat deciduous trees, usually oak but common also on yew, cherry, sweet chestnut and willow. Season late spring to autumn, annual. Common. Edible when young and fresh, considered a delicacy in Germany and North America. Distribution, America and Europe.

See Recipe

8 'Chicken' Casserole



Fistulina hepatica : Beefsteak Fungus

Bracket 10–25cm across, 2–6cm thick, usually single, tongue-shaped sometimes on a short rudimentary stem; upper surface moist to tacky, rough with rudimentary pores especially towards margin, pinkish to orange-red and finally purple-brown. Flesh thick and succulent, mottled

dark flesh-pink with lighter veining with blood-like sap, like raw meat. Taste sourish, smell pleasant. Tubes 10–15mm long, whitish or yellowish, arising free from each other but adhering at maturity. Pores 3 per mm, circular, whitish at first bruising reddish-brown. Spores pallid-ochraceous, ovate, 4.5–6.3–4. Habitat parasitic on chestnut and oak, usually found on the lower part of the trunk. Season late summer to autumn, annual. Common. Edible. Causes brown rot of wood and therefore has a certain economic value; the infected oak timber is of a darker richer colour than normal and this 'brown oak' is much in demand by the furniture industry. Distribution, America and Europe.

See Recipe

6 Butter-Boiled Beefsteak



Sparassis Crispa : Wood Cauliflower

Fruit body 20–50cm across, subglobose, cauliflower-like, comprising numerous flattened, crisped lobes on a short thick rooting stem, pale ochraceous to buff, darkening with age. Smell sweetish, pleasant. Spores whitish to pale yellow, pip-shaped, 5–7 μ –5 μ . Habitat at the base of conifer

trees or near by. Season autumn. Occasional. Edible and delicious when young and fresh; must be thoroughly cleaned as it often contains bugs. Distribution, America and Europe.

See Recipe

2. Morels À La Crème



Pleurotus Ostreatus : Oyster Mushroom

Cap 6–14cm across, shell-shaped, convex at first then flattening or slightly depressed and often wavy and lobed at the margin or splitting, variable in colour; flesh-brown or deep blue-grey later more grey-brown. Stem 20–30cm, eccentric to lateral, or absent, white with a woolly base. Flesh

white. Taste and smell pleasant. Gills decurrent, white at first then with a yellowish tinge. Spore print lilac. Spores subcylindric, 7.5–11.3–4. Habitat often in large clusters on stumps and fallen or standing trunks, usually of deciduous trees, especially beech. Season all year. Common. Edible. Distribution, America and Europe.

See See Recipes

4 Caesar's Treat

14 Field Mushrooms *Agaricus Campestris*



Pleurotus Eryngii (D.C. ex Fr.) Quélet

Cap 3–10cm across, convex then centrally depressed, margin remaining down-turned, slightly velvety at first remaining so at margin but elsewhere soon smooth, dirty whitish at first then brownish. Stem 30–10010–30mm, usually slightly eccentric, whitish. Flesh white. Taste and smell pleasant.

Gills decurrent, greyish. Spore print white. Spores narrowly elliptic, 10–144–5. Habitat on roots and decaying remains of umbellifers, especially *Eryngium* and *Heracleum*. Season spring to autumn. Not yet found in Britain. Edible. Found In Europe.

See See Recipes

4 Caesar's Treat

5 Lactarius And Beans



Agrocybe Cylindracea : Poplar Fieldcap

Cap 4–10cm across, hemispherical convex becoming flattened and sometimes cracked at centre and often wavy near the margin, pale buff to almost white with rust flush at centre when young becoming darker brown with age. Stem 50–100 x 10–15mm, cream at first, darker brown with age,

with persistent ring which soon becomes dusted brown by the spores. Flesh white in the cap and stem, brown in the stem base. Taste nutty, smell of old wine casks. Gills adnate or slightly decurrent, cream at first then tobacco brown due to the spores. Spore print tobacco brown. Spores ovoid-ellipsoid, 8.5–10.5 x 5–6 μ . Cap cuticle cellular. Habitat in tufts wood especially willows and poplars. Season all year round. Rare. Edible. Found In Europe.

See See Recipes

4 Caesar's Treat

14 Field Mushrooms *Agaricus Campestris*



Armillaria Mellea : Honey Fungus

Cap 3–12cm across, very variable, convex then flattened and centrally depressed or wavy, yellow ochre, tawny, to dark brown, often with an olivaceous tinge, covered in darker fibrillose scales especially at the centre. Stem 60–150×5–15mm, often tapering towards the base, yellowish

becoming reddish-brown at the base, initially with a thick whitish to yellow cottony ring. Flesh white. Taste astringent, smell strong. Gills white at first then yellowish becoming pinkish-brown and often darker spotted with age. Spore print pale cream. Spores elliptic, 8–9 x 5–6 μ . Habitat in dense clusters on or around trunks or stumps of deciduous and coniferous trees and Hazel. Season summer to early winter. Very common. Edible when cooked but should only be eaten in small amounts as some forms are known to cause stomach upsets. Distribution, America and Europe. The fungus spreads by long black cords called rhizomorphs resembling bootlaces which can be found beneath the bark of infected trees, on roots or in the soil where they can travel large distances to infect other trees. This is one of the most dangerous parasites of trees, causing an intensive white rot and ultimately death; there is no cure and the fungus is responsible for large losses of timber each year.

See See Recipes

4 Caesar's Treat

13 Roman Style Honey Mushroom



Kuehneromyces Mutabilis : Sheathed Woodtuft

Cap 3–6cm across, convex then expanded and usually umbonate, bright orange-cinnamon when moist drying pale ochraceous from the centre and often appearing distinctly two-coloured. Stem 30–805–10mm, whitish above becoming darker tan to blackish towards the base, scaly below the

ring. Flesh white tinged brownish. Taste and smell not distinctive. Gills pallid at first later cinnamon. Spore print deep ochre. Spores ovoid to slightly almond-shaped with germ-pore, 6–7.54–5. Habitat in dense clusters on stumps or trunks of deciduous trees. Season spring to early winter. Common. Edible – good. Take great care not to confuse this species with other smallish brown poisonous fungi. Distribution, America and Europe.

See See Recipes

4 Caesar's Treat

18 Black Trumpet Stir Fry



Flammulina Velutipes : Velvet Shank

Cap 2-10cm across, convex at first then flattened, tan-yellow darkening towards the centre, smooth and slimy. Stem 30-10 x 4-8mm, tough and cartilaginous, yellowish at apex, dark brown and densely velvety below. Flesh thin, concolorous. Taste and smell pleasant. Gills pale yellow.

Cheilo- and pleurocystidia present. Cap cuticle 'cellular' of irregular clavate elements with elongated narrow processes and conspicuous, fusiform, somewhat thick-walled dermatocystidia. Spore print white. Spores elliptic, 6.5-10 x 3-4 μ . Habitat in clusters on decaying deciduous trees, especially elm. Season late autumn to spring; can survive being frozen solid and on thawing produces more spores. Common. Edible and good. (Never eat any mushroom until you are certain it is edible as many are poisonous and some are deadly poisonous.) Distribution, America and Europe. This mushroom is often sold in a cultivated form as Enokitake which is pure white in large tufts with tiny caps, the reason that it does not resemble the wild form is that it is grown entirely in the dark.

See Recipe

7 Baked Egg And Ink Caps



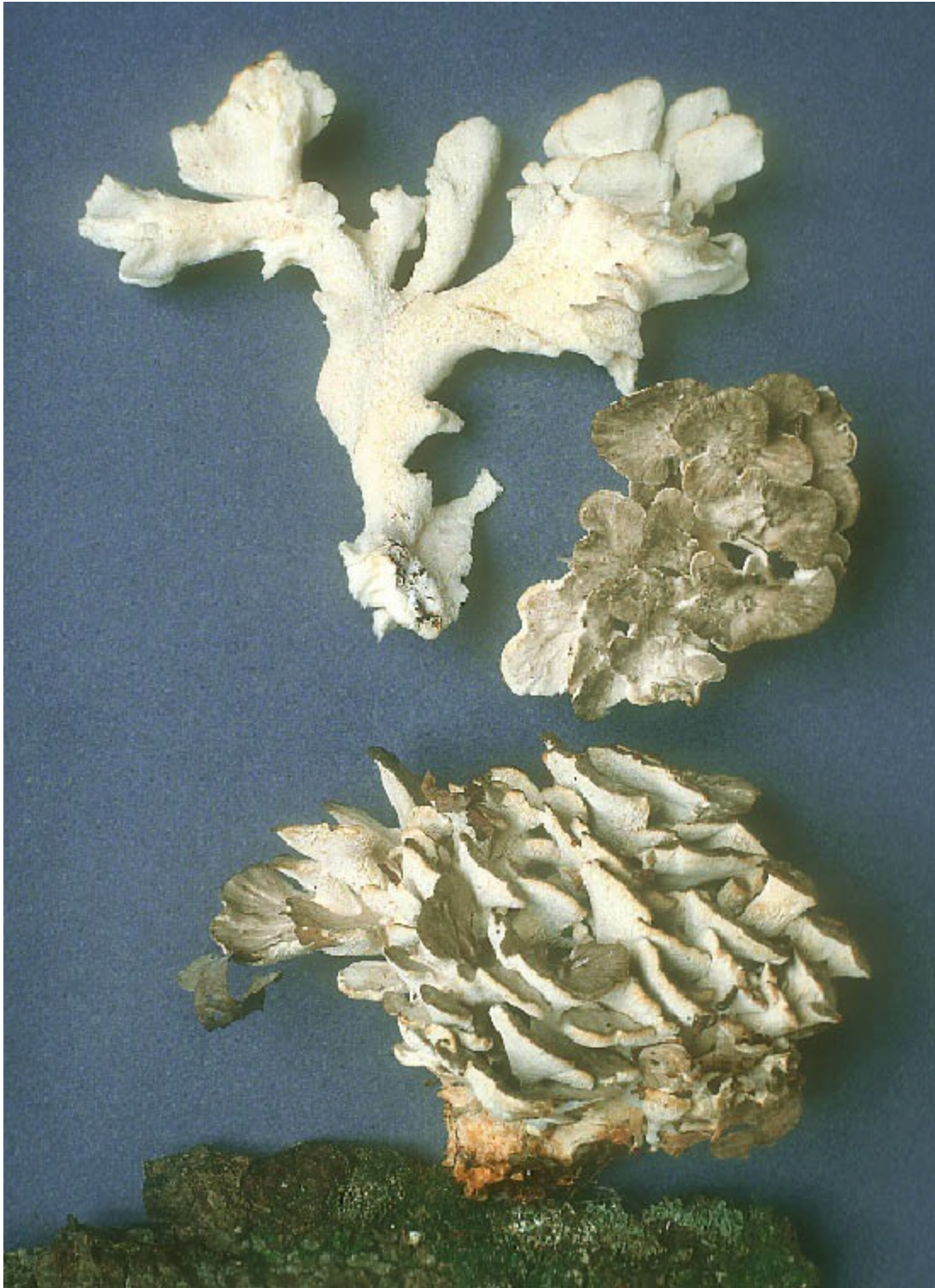
Grifola Frondosa : Hen of the Woods

Fruit Body 15–40cm diameter, subglobose, consisting of a central repeatedly branched stem, each branch ending in a flattened tongue-shaped cap; each cap 4–10cm across, 0.5–1cm thick, leathery and wavy at the margin, upper surface usually wrinkled, grey or olivaceous drying

brownish. Stem cream or pale greyish. Flesh white. Taste pleasant when young and fresh, soon acrid, smell reminiscent of mice. Tubes 2–3mm long on the underside of each cap, and decurrent far down the stem, whitish. Pores two per mm, subcircular to slightly angular, larger and more irregular on the stem. Spores ellipsoid, 5.5–73.5–4.5. Hyphal structure monomitic; generative hyphae with clamp connections. Habitat parasitic on deciduous trees especially oak and beech fruiting at the extreme base of the trunk. Season autumn. Uncommon. Edible. Distribution, America and Europe.

See Recipe

20 Hen Of The Woods Mushroom
Pastry Turnovers



Grifola Umbellata

Fruit Body up to 50cm in diameter consisting of a thick fleshy base from which repeated branching occurs, the ultimate branchlets ending in small umbrella-like caps, each 1–4cm across and centrally depressed with a thin, wavy margin, covered in fibrils or small fibrous scales, initially grey-

brown becoming ochraceous with age. Stem thin, flushed with cap colour, merging at the bottom into the common trunk-like base. Flesh thin in cap, white. Taste pleasant but with acrid aftertaste, smell pleasant when fresh. Tubes 1–1.5mm long, decurrent on to the stem, straw-yellow. Pores 1 per mm, angular, whitish to straw-yellow. Spores cylindric-ellipsoid, 7–103–4. Habitat on the ground arising from a subterranean sclerotium associated with roots of deciduous trees, especially oak. Season summer to autumn. Very rare. Edible. Distribution, America and Europe.

See Recipe

20 Hen Of The Woods Mushroom
Pastry Turnovers



Oudemansiella mucida : Porcelain Fungus

Cap 2–8cm across, convex then flattening, pale greyish when young becoming more white often with an ochraceous flush at the centre, semi-translucent, slimy. Stem 30–100×3–10mm, white striate above the membranous ring, slightly scaly below. Flesh thin, white. Cystidia thin-

walled cylindric or utriform. Spore print white. Spores subglobose 13–18×12–15m. Cap cuticle hymeniform, of erect club-shaped cells. Habitat on the trunks of beech, often high up and in large clusters. Season late summer to late autumn. Common. Edible after washing to remove gluten. Found In Europe. I have never eaten this mushroom as by the time it is cleaned I have never had enough to make it worthwhile, but it is said to be tasty.

See Recipe

7 Baked Egg And Ink Caps



Morels And Truffles

Truffles are very difficult well-nigh impossible to find and very expensive to buy. The best use of their wonderful aroma is to put a few shavings on a simple dish like plain spaghetti or fried eggs.

[Tuber Melanosporum : The Perigord Truffle](#)

[Tuber Magnatum : Italian White Truffle](#)

[Tuber Aestivum : Summer Truffle](#)

[Morchella Esculenta : Morel or Morille in France](#)

[Morchella Vulgaris : Common Morel](#)

[Morchella Elata : Tall Morel](#)

Tuber Melanosporum : The Perigord Truffle

The dark dry outer surface is covered in polygonal warts, and the cut flesh turning violaceous-black. Spores elliptic, spiny, 29–5522–35. A specialty of the Perigore region of France, but also known from other countries around the Mediterranean, north Africa and Asia. Edible – excellent considered the best truffle by the French. Not known from North America.

See Recipes

5 Lactarius And Beans

15 Summer Truffle



Tuber Magnatum : Italian White Truffle

The Italian White Truffle is distinguished by the one- to three-spored asci and elliptic, reticulate spores. It is found in North Italy buried in deciduous woods. Edible – excellent. Said by Italians to be the best truffle. Found In Europe, but not known from North America.

See Recipes

5 Lactarius And Beans

15 Summer Truffle



Tuber Aestivum : Summer Truffle

Fruit body 3–7cm across, globose, covered in pyramidal warts, blackish brown. Flesh whitish becoming marbled grey-brown. Taste nutty, smell sweet. Spores ovoid, reticulate, 20–4015–30. Habitat buried usually near beech on calcareous soil. Season late summer to autumn. Rare, but more common and thus cheaper to purchase than the Perigord or White Truffles. Edible – good. Found In Europe and north Africa.

See Recipes

15 Summer Truffle



Morchella Esculenta : Morel or Morille in France

Fruit body 6–20cm high, very variable, fertile head round to ovoid or obtusely conical, pale yellowish-brown darkening and browning with age, ridges acute and forming an irregular honeycomb around the angular pits; stalk minutely scurfy, slightly swollen at the base and longitudinally

furrowed, whitish to ochraceous cream. Asci 330 x 20 μ . Spores cream, broadly elliptical, 16–19 x 8.5–11 μ . Habitat in open scrub or woodland or on waste ground. Season late spring. Uncommon. Edible – excellent. Distribution, America and Europe. Several forms are recognized in Europe; var. *rotunda* has a roundish ochre-yellow fertile head, while that of var. *crassipes* is grey-brown and the stalk granular and much swollen at the base; var. *umbrina* is smaller than the type with a dark greyish-black fertile head.

See Recipes

2. Morels À La Crème



Morchella Vulgaris : Common Morel

Fruit body 5–12cm high, fertile head ovoid, ridges obtuse and irregular, grey-brown becoming paler or ochraceous with age, pits irregular, dark grey-brown, later more ochraceous cream. Asci 330–20 μ . Spores 16–18 x 9–11 μ . Habitat in gardens and wasteland. Season late spring. Uncommon.

Edible. Distribution, America and Europe. Much sought after in North America where special Morel hunts are often organized in spring.

See Recipes

2. Morels À La Crème



Morchella Elata : Tall Morel

Fruit body 5–10(15)cm high, fertile head narrow and conical, ridges in more or less parallel vertical lines and blackening with age, pits rectangular, olive-brown; stalk cylindrical, coarsely granular, whitish to pale brown with age. Asci 300 x 20 μ . Spores cream, elliptic, 18–25 x 11–15 μ . Habitat conifer woods or on chalk soil. Season late spring. Rare. Edible. The variety var. *purpurescens*, differing from *M. elata* only in the pale violaceous colour of the fertile head. Distribution, America and Europe.

See Recipes

2. Morels À La Crème



Recipes

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1. Saint George's Treat

St George's Mushroom *Calocybe Gambosum*

Occurring on pasture land, wood edges and roadsides, it is traditionally found on St George's Day, April 23, and it is from this that it gets its name, but in most years it will occur a week or two later. It has a strong, mealy smell and taste which is reduced in cooking. Personally I do not like eating the large, older specimens but fresh, young ones are very good. In France its common name is mousseron and it is one of the most searched-for species

Serves two

300 g (10 oz) St George's mushrooms

50 g (2 oz) butter

1-2 tablespoons yoghurt

A sprinkle of marjoram

A pinch of oregano

A little grated nutmeg Parsley Salt and pepper

Sauté the mushrooms, parsley, herbs and seasoning for 5-10 minutes in the butter. Allow the juices to evaporate. Add the yoghurt and simmer for 15-20 minutes until the yoghurt has been absorbed. Do not let it boil or the yoghurt will coagulate.

Jeff and Jenny Stone, who gave me this excellent recipe, suggest serving it with a bean flan or as a starter with toast or croutons.



2. Morels À La Crème

Morels Morchella. One of the most prized and sought-after of the whole fungus flora, they normally occur from March to May in loose sandy soil, overlying chalk. They must be very carefully prepared before cooking to make sure that no wood lice, earwigs or other tiny creatures are lurking in

the cavities. Cut each morel in half, top to bottom, and remove the base of the stem. Drop into boiling water for a few seconds to blanch them.

Serves six-eight

Blind bake 12 small flan cases, for about 10 minutes

Mushrooms:

500 g (1 lb) morels

25 g (1 oz) butter

Juice of ½ a lemon

1 tablespoon sherry

Salt, pepper paprika ½ clove garlic, crushed

To make a sauce Mornay. Melt butter and fry one onion, one carrot, a stalk of celery in it until lightly browned; add seasoning and flour. Cook gently for 5 minutes, then stir in hot milk. Simmer for half an hour until the sauce is reduced to a thick consistency. Strain into a clean bowl, add a little cream.

Cook the morels in the butter, lemon juice, white wine, salt, pepper, paprika and garlic for 8 minutes. Remove mushrooms and add to the sauce Mornay. Pour into the baked flan case and place in a 230°C (450°F, Mark 8) oven for 10 minutes. A superb dish that will reward all the effort of preparation.



3 Girolles À La Forestière

Chanterelle or Girolle *Cantharellus cibarius* Found in all kinds of woodland but commonly under pines, from July until the frost of winter puts paid to them. Chanterelles, are one of the most popular and best known fungi in Europe and throughout Scandinavia.

They keep well for a few days and can also be successfully dried and stored. Chanterelles are superb when cooked with eggs or potatoes and make a succulent filling for an omelet. This mushroom is a great favorite in Germany where it is known as pfifferling.

Serves four

1½ kg (3 lb) girolles/chanterelles

100 g (4 oz) butter

100 g (4 oz) lean smoked bacon, cut in strips

150 g (6 oz) cooked new potatoes

Parsley, chopped, Salt, black pepper

Wash and trim the mushrooms. Cook them in an ounce of butter for 5 minutes. Fry the bacon rapidly in the remaining butter for a few minutes until it begins to brown, add the girolles and leave to simmer for 20 minutes. Cut the potatoes into pieces. Amalgamate the ingredients and cook for 5 minutes. Season to taste and serve sprinkled with parsley.

This recipe from Jane Grigson's 'The Mushroom Feast', with permission.



4 Caesar's Treat

Caesar's Mushroom *Amanita Caesarea*. This is a Mediterranean species and has never been found in Britain, In America species very similar in appearance have been found but they should not be eaten until more is found out about their toxicity. I was lucky enough to find a prize collection

in an oak wood in southern France. This mushroom was known to be a favorite of Julius Caesar, Claudius also was very fond of it, and it is thought that was poisoned by the addition of death caps to a dish of this mushroom.

Serves four

450 g (1 lb) Caesar's mushrooms

2 cloves of garlic, parsley

Olive oil, butter

Pepper and salt

Cut away the bulbous stem end, clean and chop the mushrooms. Fry them gently in oil and a little butter. After 5 minutes add chopped parsley and finely chopped garlic. Flavor with pepper and salt. Cook rapidly for a further 2 minutes and serve on toast.



5 Lactarius And Beans

Saffron Milk Cap *Lactarius deliciosus* When damaged, *Lactarius* exudes a milky substance. The `milk' of this species is bright orange and the gills and cap tend to bruise gradually green. This mushroom is much sought after on the Continent especially in Spain.

Serves four

150 g (6 oz) haricot beans

1 onion

1 cloves garlic

1 green pepper

450 g (1 lb)Lactarius mushrooms

Salt, pepper and Wild Thyme

Soak the beans overnight, boil gently for two hours until thoroughly soft. Wash mushrooms carefully and chop roughly, stalks included, unless very woody. Chop onion, garlic and half a green pepper, fry in a spoonful of oil or dripping until brown, add mushrooms and fry for three minute, add a little water, or oil if you like your food rich, then simmer gently until mushrooms are soft, add beans and wild thyme and cook the mixture for another 10 minutes. Flavor with pepper and salt. Delicious served with roast lamb. This recipe comes from Nicky Foy.



6 Butter-Boiled Beefsteak

Beefsteak or Ox-tongue Fungus *Fistulina hepatica* Grows on chestnut or oak trees, especially very old oaks, usually close to the ground. Make sure you have fresh specimens that have not gone woody. The fungus will tend to exude a reddish juice which helps to make the sauce delicious when it is

cooked. The fungus is highly thought of as an esculent I Europe but in Britain or America it is little used - mistakenly, I think.

450 g (1 lb) beefsteak fungus

6 shallots, 2 cloves garlic

Thyme, Pepper, salt and Butter

Clean and cut the beefsteak fungus into fine slices and place in a frying pan with finely chopped shallots and garlic. Barely cover with water and simmer for 10 minutes. Add pepper, salt, thyme and a generous knob of butter and cook until the liquid has reduced to a thick sauce. This is a really 5-star dish; definitely one of my favorite mushroom recipes.



7 Baked Egg And Ink Caps

Shaggy Ink cap *Coprinus comatus* Best picked early in the day when the caps are punier white, cook straight away. As the mushrooms age they form black spores and start to disintegrate and become inedible

6 Ink chopped caps (without stems)

4 eggs

1 clove garlic

Pepper and salt

Butter

Ink caps have a delicate flavour which benefits from a little squeeze of garlic. Butter four cocotte dishes crack the eggs and add an egg to each dish then the chopped mushroom, pepper and salt to taste, add quick squeeze of garlic. Bake in a hot oven 200°C (400°F, Mark 6) cook for about 4 minutes.



8 'Chicken' Casserole

Chicken Mushroom or Sulphur Shelf, *Laetiporus sulphureus*, has a series of smooth-fleshed, overlapping caps, which are a bright red or orangy-yellow when young and turn dull yellow to white when old. It grows on the roots, stumps, or trunks of dead or living trees, from May to

November.

It is found throughout Europe and North America except in the very hot southern states.

It has long been a favorite of Americans and German-speaking Europeans. In both color and taste it is reminiscent of chicken meat.

1-2 pounds chicken mushrooms, wiped with a damp cloth and cubed

3 tablespoons oil

8 pieces chicken with the skin left on

3 cloves garlic, crushed

2-3 slices lemon plus the zest of one lemon

1 tablespoon chopped fresh garden herbs

Salt and pepper to taste

1-1½ pounds potatoes, peeled and sliced thickly

Heat the oil in a large saucepan, add the chicken pieces, garlic, lemon zest, herbs and seasoning, and fry for several minutes, turning the pieces so they brown evenly. Transfer the chicken and juices to a casserole, add the potatoes in a layer, and put the lemon slices on top of the potatoes, cover with water thickened with a little corn flour. Bake for 20 minutes, then add the mushrooms, and bake for another 30 minutes.

9 Parasol Fritters

Parasol Mushroom *Macrolepiota procera* Fairly common in pastures and open woods. As they normally stand well above the grass, they are easily spotted from as early as July until as late as November, if there are no bad frosts. For the best combination of size and tenderness, pick just when the cap begins to open. A single mushroom should be enough for one person. The flesh is very delicate and is best cooked rather quickly. Apart from the recipes I have quoted below, they are also excellent in a flan with bacon.

Serves two

Batter

4 large parasols

50 g (2 oz) plain flour

1 egg

1½ dl (¼ pint) milk Pinch of salt

½ teaspoon mixed herbs

Black pepper

2 teaspoons melted butte

Light oil

Beat the egg and milk together with seasoning until smooth. Wash parasols, remove stems, cut into quarters and coat lightly in flour. Dip in batter and deep fry until golden brown. Drain on absorbent paper. Serve hot with courgettes or broccoli for a main course, or on their own as a starter, The mushrooms are unbelievably succulent served like this

This recipe came from S.L. Shute at the Natural History Museum.



9(A) Mushroom And Potato Pan Scones

Serves two

75 g (3 oz) grated cheese

100 g (4 oz) cooked potatoes

225 g (8 oz) sliced mushroom (Blewits, parasols or chopped puff-ball can all be used)

25 g (1 oz) butter

Seasoning - pepper, salt, mixed herb

100 g (4 oz) self-raising flour

Milk to mix.

Mash potatoes (do not add milk) with the seasoning. Sieve flour and rub in butter. Chop mushrooms into small pieces. Add potatoes, cheese and mushrooms to flour. Mix to a firm consistency with a little milk and form into balls. Lightly grease pan, pat scones into 5 cm (2 in) wide by 12 mm ($\frac{1}{2}$ in) deep circles and cook steadily on each side for 3 minutes or until golden brown.

Serve as a snack or with salad.

This recipe came from S.L. Shute at the Natural History Museum.



10 Crunchy Puffball

Giant Puffball *Langermannia gigantea* uncommon, but so remarkable for its size that it has the reputation of being more common than it is. It can grow almost anywhere but is usually found in pastures, near hedges, in summer and autumn.

Serves four

Young puff-ball

6 slices bacon

1 egg

50 g (2 oz) flour

Fresh breadcrumbs, toasted

Salt and pepper

Make fresh breadcrumbs and toast them under the grill. Make a batter by whipping the egg lightly with a little water, then gradually mix in the flour. Flavor with pepper and salt and leave for 20 minutes for the flour to swell. Clean the puffball, then cut into slices about ½cm (¼ in) thick. Dip first in the batter and then in the breadcrumbs and fry in the fat created by frying the bacon, until they are a lovely, golden brown. Serve with bacon, for breakfast.

A traditional recipe, enhanced by Jacqui Hurst's idea of toasted breadcrumbs.



11 Ceps With Paprika

Cep *Boletus edulis* Probably the most sought-after fungus in Europe for its fine flavor and texture. The word *Boletus*, by which the whole group is known, comes from the Greek word *bolus*, a lump. The Cep has no gills like a field mushroom but under the cap is a mass of tubes which end in

tiny pores giving it a spongy appearance.

Serves four

450g (1lb) Ceps

1 small onion, chopped

1 small clove garlic, chopped

50g (2oz) butter

1 large tomato, skinned, seeded, and chopped

1 desert spoon paprika

Salt and pepper to taste

4 tablespoons sour cream

1 teaspoon lemon juice

Wipe the Ceps with a damp cloth and remove any pore layer that has started to go yellowish. Cut into bite-sized pieces. Sauté the onion and garlic gently in the butter until they are soft and golden. Stir in the tomato, bring to a boil, and bubble everything together for a moment or two before adding the paprika and then the mushrooms. Mix thoroughly, cover, and simmer for 3 minutes, and add salt and pepper to taste, stir in the sour cream. The mixture should be allowed to simmer gently and thicken. Season it with the lemon juice and serve immediately.

I got this fabulous recipe from Jane Grigson's 'The Mushroom Feast').



11 (A) Charcoal Grilled Ceps

A simple recipe that needs no picture

Remove the stems from good, firm caps of boletus, insert a clove of garlic or a shallot in place of the stem, add pepper, salt, a dash of oil and a

quarter of lemon. Seal in aluminium foil and cook for about 15 minutes over a charcoal grill. An exciting accompaniment to any barbecue.

This recipe is adapted from *Mycologie du Goût* by Marcel V. Locquin.

12 Stuffed Ceps

Serves four

4 large fresh Ceps (over 6 inches)

1 tablespoon butter

1 large clove garlic, crushed

3 tablespoons chopped onion

½ pound bacon, chopped

1 ½ cups fresh white bread crumbs

3 tablespoons chopped parsley

1 cup heavy cream

First, prepare each Cep by wiping it with a damp cloth. Remove the spongy section carefully, with a spoon, and discard. Cut out the stalk, chop it finely, and put it to one side.

Melt the butter in a heavy pan, add the garlic, onion, bacon, and chopped mushroom stalks, and cook gently, until they are well softened but not brown (about 5 minutes). Add the bread crumbs and parsley, and stir thoroughly for 1 minute. Remove from the heat, and allow to cool slightly before stirring in the cream. Pile the mixture into the Ceps, place them in a greased shallow pan, and bake them in a 425°F oven for about 25 minutes.



13 Roman Style Honey Mushroom

Armillaria mellea This is the most well known mushroom associated with the death of trees and shrubs. There are three or four different forms and some forms have been known to cause stomach upsets in some people.

This recipe is based on the oldest known cookery book by Apicius the Roman cookery writer, there were three men who wrote under the name Apicius from 92BC to 50AD, all were famous gluttons.

SERVES FOUR

2 cups fresh honey fungus, cleaned and chopped in bite sized pieces

3 slices whole meal bread made into bread-crumbs

1 small tin anchovies in olive oil

1 tablespoon butter

1 tablespoon finely chopped lovage (or celery)

1 clove garlic

Purée the bread crumbs, anchovies and their oil, in a blender, put to one side. Melt the butter in a shallow pan, gently sauté the mushrooms, garlic and lovage, until the mushrooms are tender. Stir in the bread-crumbs mixture and heat for about 2 minutes to allow the flavours to amalgamate. Serve with plain boiled fish or meat.



14 Field Mushrooms *Agaricus Campestris*

MUSHROOM CROUSTADE

Serves six

Croustade:

100g (4oz) soft bread crumbs, 50g (2oz) butter

100g (4oz) finely ground almonds or other nuts

100g (4oz) flaked almonds or pine kernels or hazelnuts

1 clove garlic, crushed, ½ teaspoon mixed herbs

Topping:

450g (1lb) mushrooms, washed and sliced

50g (2oz) butter

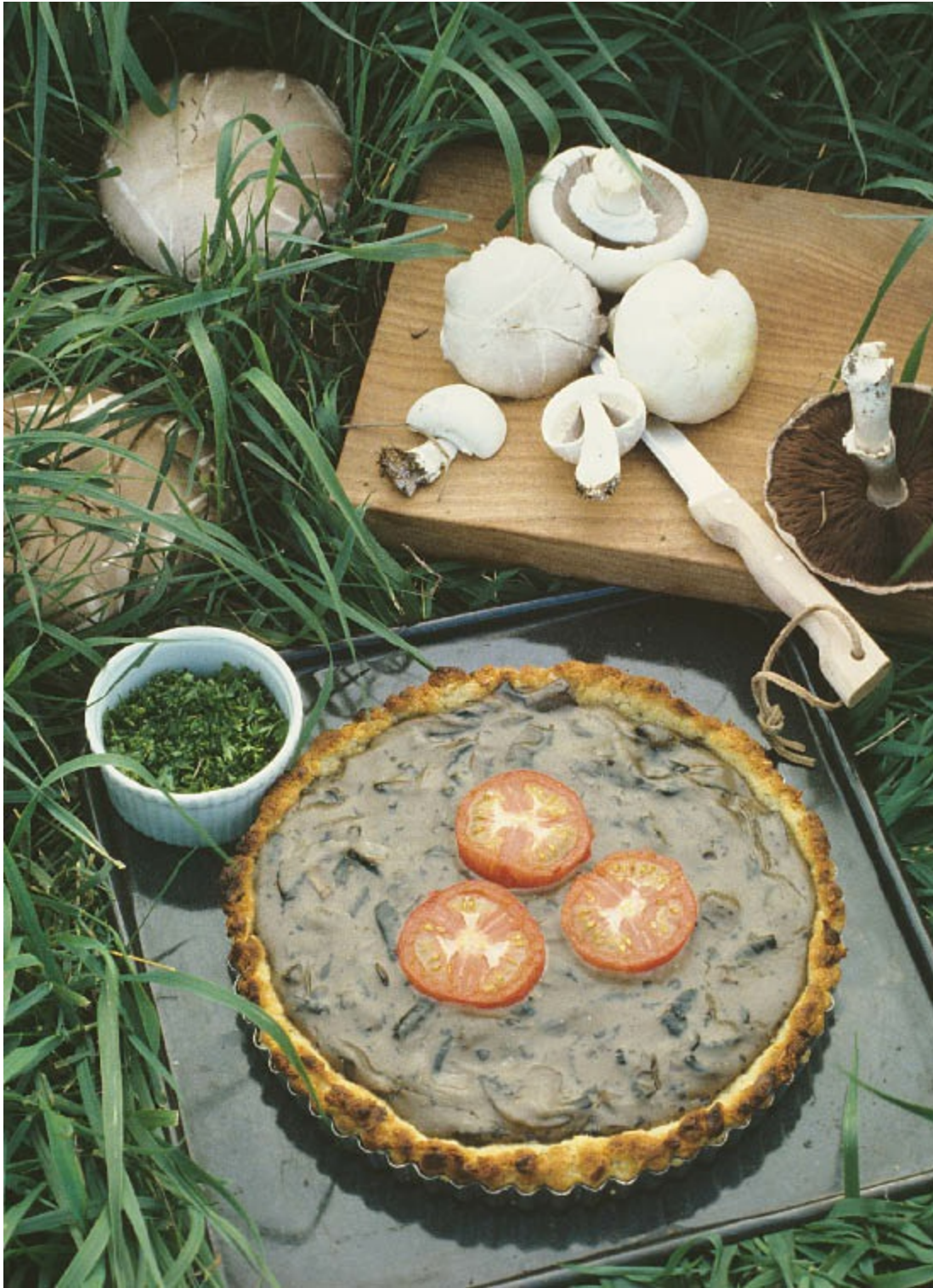
2 heaped teaspoon flour, 4.5 dl (¾) milk

Salt and pepper and nutmeg

1-2 tomatoes, skinned and sliced, 1 teaspoon chopped parsley

Croustade: mix together the breadcrumbs and ground nuts, rub in the butter. Add flaked almonds, garlic, and herbs, and mix together well and press down into an ovenproof dish, making a layer about 1½cm (½) thick. Bake at 230°C (450°F, Mark 8) for 15 minutes, or until golden brown.

Topping: wash and slice mushrooms, Sauté in butter until tender, add flour and when it froths stir in milk until thickened, season. Spoon mixture on top of croustade, top with skinned and sliced tomatoes and a little salt, pepper and nutmeg. Return to oven for 10 minutes. Serve decorated with parsley



15 Summer Truffle

Tuber aestivum 2-8 cm (1-3 in) across, it should be looked for in chalk beech woods, usually just under the surface but sometimes half exposed, in late summer or autumn.

The fact is that the strong aroma of truffles contains the highest content of pheromone of any plant scent. Pheromone is the scent which animals give off as a sexual stimulant and the specific pheromone that truffles exude is practically the same as that given off by pigs in season and similar to that given off by dogs. It is for this reason that both pigs and dogs can be used to scent out truffles. Perhaps this also helps explain the high value that man places on truffles -could they have been a traditional aphrodisiac?

Raw, fresh truffles have a delicious, nutty flavor and a distinct, incredibly strong smell. If you keep a truffle with a bowl of eggs or a jar of pasta or rice, overnight, the eggs or pasta will begin to take on some of their flavor.

Any of the three truffles can be used. Cut very fine slices and add to a simple dish like omelet, pasta, plain fried eggs, open sandwiches or smorgasbord of many kinds - in particular, those with pâté - are rendered spectacular with just the finest of fresh truffle slices.



16 Flaming Hedgehogs

Hedgehog Fungus *Hydnum repandum* Easily distinguished by having spines in place of gills, it can be found in either conifer or broad leaf woods from late summer until late autumn.

750 g (1½ lb) hedgehog fungus

225 g (½ lb) shallots

Calvados

Cream, Oil and butter

Paprika, Salt and pepper

Clean and cut the hedgehog fungus into bite-sized pieces. It can all be eaten except the very bottom of the stem and it does not need peeling. Peel and finely chop the shallots, fry both in a mixture of oil and butter for 10-15 minutes, with a good flavouring of paprika, pepper and salt. Just before serving stir in a little cream and gently reheat. Serve in the hot pan (this means that it is best to use a rather heavy pan so that it holds the heat) and at the table pour over the dish a ladleful of preheated calvados which you light just before pouring.

This exotic recipe has been translated and adapted from 'Mycologie du Goût' by Marcel V. Locquin.



17 Blewit And Chicken Pie

Wood or Field Blewit *Lepista nuda* or *L. saeva* Common, and in some years prolific in beech woods, the season occurs at the end of autumn and early winter in woods, hedges and gardens. It has a strong perfumed smell which tends to persist in cooking. This mushroom should not be eaten raw.

Serves four

450 g (1 lb) cooked chicken meat

350 g (12 oz) blewits of either kind

6 dl (1 pint) white sauce

Tarragon or mixed herbs

Pepper and salt

100 g (4 oz) short-crust pastry

Prepare a white sauce, seasoning well with herbs and salt and pepper. Slice the blewits and the chicken and layer them alternately in a deep pie dish. Roll out the pastry and cover, using an upturned egg cup in the centre to hold it up. Decorate imaginatively. Bake in a hot oven, 200°C (400°F, Mark 6) until the pastry is golden brown - about 45 minutes. If you don't have enough filling add a few slices of potato to make up the volume.

This recipe came to me from S. L. Shute.



18 Black Trumpet Stir Fry

Horn of Plenty or Black Trumpet *Craterellus cornucopioides* Can be found in clusters amongst the leaf litter in deciduous woods, especially beech. Being black in colour they are difficult to spot but once you find one you can usually gather quite a few. It is well worth it, if you do get a good

collection as this inauspicious-looking little fungus has an unmatched flavor. It can be added to stews or soups as flavouring or to supplement and improve the flavor of any other mushroom dish you might be preparing. Black Trumpet dries very easily and keeps well.

Serves two-four

225 g (8 oz) black trumpets 1 clove garlic, crushed

1 bunch spring onions

1 green pepper

225 g (8 oz) bean sprouts

Soy sauce to taste Olive oil

Wash and roughly chop the black trumpets, dice the deseeded green pepper and thinly slice spring onions. Put olive oil in pan and heat. When the oil is hot add prepared ingredients, plus bean sprouts, crushed garlic, and soy sauce. Fry for 3 minutes, stirring continuously. Serve immediately.



19 Oyster Mushrooms With Okra

Oyster Mushroom *Pleurotus ostreatus* Can be found at any time of year but most common from the end of summer through to winter, it grows on stumps or old deciduous trees, especially beech. The colour varies from a beautiful blue-grey to fawn or flesh-brown.

Serves four

1 ½ pounds oyster mushrooms

2 scallions, including greens, finely chopped

2 tablespoons oil

1 slice boiled ham, 1 inch thick, chopped

½ cup ½-inch slices okra

1 pinch dill weed

Salt and pepper to taste

1 teaspoon fresh chopped parsley

Wipe the mushrooms and check them carefully for beetles, then chop them into large bite-sized pieces. Sauté the scallions in the oil over high heat, then add the other ingredients except the parsley. Cook over medium heat for 15 minutes, stirring frequently. Check the seasoning, sprinkle with the parsley, and serve with boiled rice.

The okra releases a gelatinous liquid that brings out the oyster flavor of the mushrooms.

This recipe was given to me by Bob Peabody, the ‘Mycophagist Extraordinaire’ of New Jersey.



20 Hen Of The Woods Mushroom Pastry Turnovers

Hen of the Woods, *Grifola frondosa*, because hen of the woods can grow to an extraordinary size, mycophagists get very excited when they find this edible mushroom, but it also means hard work if it is not to be wasted. Martha Hacker in New Jersey told me she sautés it lightly in butter for 2 to

3 minutes and freeze it in meal-sized portions for use throughout the winter.

Makes about thirty (allow four per person)

1 pound hen of the woods mushrooms

2 tablespoons butter

½ cup finely chopped onion

½ pound bacon, thinly sliced

1 teaspoon chopped fresh thyme

Salt and pepper to taste

1 teaspoon flour

Wipe the mushrooms with a damp cloth and chop them finely. Heat the butter in a heavy pan, add the onions and bacon, and sauté until the onions are tender. Add the mushrooms, thyme, salt, and pepper, and cook over low heat for 5 minutes until the mushrooms are soft. Blend in the flour and allow the mixture to thicken slightly, put to one side. Roll out homemade or bought pastry to 1/8 -inch thickness and cut into rounds with a 2½-inch cookie cutter. Place a heaped teaspoon of the mushroom mixture on one side of a round, fold over, and seal by pressing it down with a fork. Put the turnovers on a baking sheet, brush the tops with a little egg yolk. Bake for 25 minutes in a preheated 400°F oven.

These delicious little turnovers were made by our friend Sue Kibby.



21 Lobster Mushroom Stirabout With Noodles

Lobster Mushroom, *Hypomyces lactifluorum*, is a large orange parasite that grows in woods on other mushrooms, usually on species of *Russula* or *Lactarius*. It occurs from July to October.

Serves four

1 pound fresh lobster mushrooms

½ cup olive oil

1 large clove garlic, finely chopped

1 large red onion, finely sliced

1 inch fresh gingerroot, peeled

1 large broccoli head, broken into florets

2 stalks celery, chopped

1 medium-sized red pepper, diced

1 medium-sized green pepper, diced Salt and pepper to taste

12-ounce box spinach fettuccine or other pasta

1 tablespoon chopped parsley

4 tablespoons grated smoky cheese

Wipe the mushrooms clean and chop into large chunks. Heat the olive oil in a large frying pan or wok. Add the garlic, onion, and gingerroot, and fry over high heat for 4 minutes, stirring constantly. Add the broccoli and fry for another 4 minutes. Then stir in the celery, peppers, mushrooms, and seasonings. The rest of the cooking time depends on how crunchy you like your vegetables, but lengthy frying spoils the appearance of the dish. In all, 15 minutes should be enough. Meanwhile cook the pasta.

To serve, on a bed of noodles, and sprinkle with the parsley and cheese.

This recipe comes from Jill Bryan.

