

Recipes for Mushroom Camp November 2021

Magic Mushroom Powder (courtesy of Michelle Tam and Henry Fong of Nom Nom Paleo)

Michelle calls this stuff “umami in a jar” and it certainly is! Use this in risottos, in stews, in soups, in salad dressings, and just about any other savory. The dried porcinis are expensive, but a little of this lively mixture goes a long way- and small jars make great stocking stuffers for the holidays.

Equipment: food processor or heavy duty blender, measuring cups and spoons, bowl

INGREDIENTS

3 oz dried porcini mushrooms

2 cups kosher or sea salt

3 tablespoons red pepper flakes

2 tablespoons dried thyme

1 tablespoon freshly ground black pepper

Pulverize the dried mushrooms into a fine powder by pulsing in a food processor or high powered blender like a VitaMix. **DO NOT LIFT THE LID UNTIL ALL OF THE POWDER SETTLES!!** It will be very fine and explode into the kitchen if you are not patient!

Combine with the remaining ingredients. If you prefer your magic mushroom powers to have a finer texture, add the remaining ingredients into the processor with the pulverized mushrooms and pulse until you achieve a finer texture.

Store in an airtight jar. **Note: this makes more than enough to use and share. If you only want enough to try, you can cut the recipe by half or a third. If using to up the umami in recipes for children or people sensitive to heat, omit the red pepper flakes.**

Use in place of some of the salt in any of the mushroom recipes to enhance the umami and “mushroominess”.

Farro with Mushrooms- adapted from a Martha Rose Shulman recipe in NYT cooking

Makes 6 servings

6 cups chicken or vegetable stock flavored to taste with magic mushroom powder

1 ½ cups farro

2 tbs xooo

½ cup finely chopped onion

½ pound cultivated mushrooms

½ pound wild mushrooms

Salt and pepper to taste

2 large cloves garlic, minced

2 tsp finely minced rosemary

½ cup dry white wine

2 oz (about ½ cup) Parmesan cheese

¼ cup chopped fresh parsley

- Place the farro in a bowl and pour on enough hot water to cover by an inch. Let it sit for 20-30 minutes while you are preparing the other ingredients.
- Bring your stock to a simmer and keep warm
- Heat the oil in the instant pot. Add the onion and some salt, and cook until the onions become translucent.
- Add the mushrooms and continue to saute until they soften and begin to sweat.
- Add the garlic and rosemary and continue to cook until the mushrooms are tender.
- Drain and add the farro. Continue stirring until the grains of farro separate and begin to crackle.
- Stir in the wine and continue cooking until it all evaporates
- Add all but a cup of the hot stock.**
- Cover the instant pot, seal, and cook under pressure for 25 minutes.
- Allow natural release for 10 min, and then release the pressure.
- Remove the lid and stir. The farro should be tender and moist. There should be just enough liquid to moisten the grain like a sauce. If there is too much liquid, set the instant pot to saute until it is the proper consistency. If too dry, add a bit more stock.
- If not serving right away, cover and let stand. Just before serving, add more liquid if needed and bring it back to a simmer.
- Add the parmesan, parsley, and adjust salt and pepper to taste. It's now ready to serve.

Leftovers are delicious cold. Add some chopped celery, tomato, onion and cucumber and dress with olive oil and lemon.

**** to make this on a stove top without an instant pot**, cover and simmer the farro, vegetable and stock mixture for 50 min or until the farro is tender. Periodically, stir vigorously. Uncover. Adjust the seasoning and the level of moisture as described in the instant pot version.

Winter Squash and Wild Mushroom Curry adapted from a recipe by David Tanis

Makes 4-6 servings

6 tbs olive or avocado oil
10 oz butternut or other winter squash, cut in ½" cubes
Salt and pepper to taste
1-2 small green chilis like jalapeno or serrano
3 medium shallots or 1 small onion, diced
½ tsp black mustard seeds
½ tsp cumin seeds
Handful of curry leaves
2 garlic cloves, minced
1 tsp ground coriander
½ tsp turmeric
½ lb cultivated mushrooms
½ lb wild mushrooms
¾ cup coconut milk
For garnish
2 tbs lime juice
Cilantro or parsley sprigs (optional)

- Clean, trim and slice the mushrooms about 1/8 " thick
- Toss the squash in a bit of oil and roast on a sheet pan in a hot oven until lightly browned and softened. Set aside.
- Cut a slit in each chili but leave it whole.
- In a wide saute pan, add the remaining oil and the onion. Salt lightly.
- Add the seeds and curry leaves and let sizzle for half a minute.
- Add the remaining seasonings and the chilis. Stir well and saute another half minute.
- Add the mushrooms, season with salt, and toss to coat. Cook, stirring, until the mushrooms begin to soften, about 5 min more.
- Add the squash cubes and coconut milk.
- Bring to a simmer and simmer about another 5 min. if it looks too dry thin with a bit of water. Taste and season with salt if needed.
- Just before serving, stir in the lime juice and garnish with cilantro or parsley..
- Serve over rice.

Fresh and Wild Mushroom Stew- adapted from a recipe by David Tanis

Served 4-6

1 ½ lbs cultivated brown mushrooms
½ pound wild mushrooms kept separate
EXVOO
1 large onion, diced
Salt and pepper to taste
1 tsp chopped thyme
1 tsp chopped sage or rosemary
1 tbs tomato paste
1 cup canned whole Italian tomatoes, drained and chopped
1 tbs flour (can be GF)
2 cups vegetable or chicken broth seasoned with magic mushroom powder to taste
1 tbs butter or additional oil
3 cloves of garlic, minced
3 tbs chopped parsley

- Clean the cultivated mushrooms and trim off any tough stems. Slice about 1/8" thick
- Do the same with the wild mushrooms but keep them separate.
- In a wide skillet, heat 2 tbs of the olive oil and saute the onion. Salt lightly and cook until the onion is soft and starts to brown. Remove from pan and set aside.
- Add another tbs of oil and raise the heat to high. Add the cultivated mushrooms, season lightly and saute until nicely colored.
- Lower the heat and add the thyme, sage, and tomato paste. Stir and cook about a minute.
- Add the tomatoes and heat through. Taste for seasoning.
- Sprinkle with the flour. Stir in the reserved onions, mixing well .
- Add a cup of mushroom flavored broth and stir until it begins to thicken.
- Gradually add an additional cup of broth. The sauce should have a gravy like consistency. If too thick thin with a bit more stock. Adjust seasoning. Can be prepared ahead to this point.
- Just before serving, put the butter and 1 tbs of olive oil in another skillet over medium high heat.
- When the butter begins to brown, add the wild mushrooms. Season with salt and pepper. Continue until they start to brown. Add the garlic and parsley and cook 1-2 minutes more. Turn off the heat.
- Reheat the cultivated mushrooms if prepared in advance. Combine with the wild mushrooms.
- Serve over pasta or polenta or over toasted crusty bread.