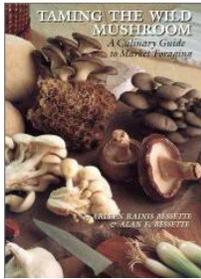


Purely a Cookbook...

Taming the Wild Mushroom A Culinary Guide to Market Foraging written by Arleen R. Besette and Alen E. Besette, University of Texas Press

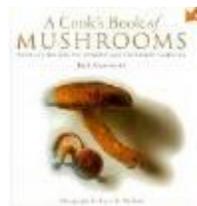


This cookbook was written for the novice mushroom hunter, someone who is “fearful about eating wild mushrooms because of the danger of being poisoned.” It brings the culinary delights of the wild mushroom to those who are beginning to learn to forage as they can hunt these mushrooms in their local, gourmet, or Asian grocery store.

The mushrooms covered here are the white buttons (*Agaricus bisporus* aka *A. brunnescens*), King boletes (*Boletus edulis*), Oysters (*Pleurotus ostreatus* complex), Chanterelles (*Cantharellus cibarius*), morels (*Morchella esculenta* and *M. elata* aka *M. angusticeps*), paddy straw mushrooms (*Volvariella volvacea*), wood and cloud ears (*Auricularia polytrichia* and *Auricularia auricular-judae*), shiitakes (*Lentinula edodes*), enokitakes (*Flammulina velutipes* grown in the dark), White Matsutakes (*Tricholoma magnivelare*), black truffles (*Tuber melanosporum*), and wine cap *Stropharias* (*Stropharia rugoso-annulata*). This is quite an array of mushrooms. I've seen most of them in various stores; some fresh, some dried and some canned; although I haven't seen wine cap *Stropharias*, though.

There is a good range of recipes from fairly simple like enokitake and endive salad to gourmet delights like veal scallopine with mushrooms, chanterelle popovers, and shrimp and black truffle bisque.

A Cook's Book of Mushrooms written by Jack Czarnecki, Artisan Press, 1995



This cookbook is oriented mostly toward commercially available mushrooms but also has some wild mushroom recipes. The grocery store mushroom recipes can easily be adapted to work with wild mushrooms. The chapters here include:

- Buttons and Saucers the Genus *Agaricus*
- Aristocrats of the Forest Morels and Truffles
- The King and Lesser Nobility *Cepes* and their cousins
- Flower or Fungus Chanterelles
- Mushrooms from the Wood
- The Ultimate Recyclers (includes oysters, Hen of the Woods, sulfur shelf, honey, and so forth)
- From the East Asian Mushrooms (Shiitake, nameko, enoki, matsutake)
- The Best of the Rest (*Russulas*, *Lactarius*, shaggy manes, puffballs, parasol (*Lepiota procera*), blewits (*Lepista nuda*), *Tricholomas*)

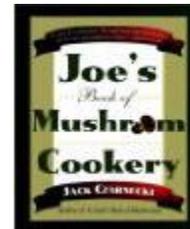
As with most recipe books these recipes range from the basic to the sublime like "Scallops with Asparagus," "Chevre and morels," "Cepe cabernet pate with fresh grape sauce," "Belgian endive and pickled mushrooms." Jack is a restaurant chef and does somewhat concentrate on commercially available mushrooms.

Joe's Book of Mushroom Cookery written by Jack Czarnecki, Macmillan, 1986

This book is a tribute to Jack Czarnecki's father Joe who also was a restaurateur and these recipes derive from his father's restaurant.

The chapters here are:

- Definitions and Culinary Characteristics of selected mushrooms (*Agaricus* mushrooms, straw mushrooms, enokis, shiitakes, oysters, cloud's ear mushrooms, chanterelles, black trumpets,
- morels, blewits, Boletes including *Suillus*, honeys, matsutakes, *Russulas*, *Lactarius* mushrooms, *Aminitas* (the only cookbook reviewed here that includes all of the edible species from the genus *Aminita*), shaggy manes, fairy ring mushrooms, man on a horseback mushrooms, parasols, sulfur shelves, and truffles)
- Starting Points, Buying, Keeping and Cooking with Mushrooms
- Duxelles, Sauces, Stocks, Extracts and Other Basic Preparations
- Mushrooms in Soup



- Mushroom Dishes for Light Lunch or Brunch
- First Courses
- Mushrooms with Fish
- Mushrooms with Poultry
- Mushrooms with Meat
- Furred Game with Mushrooms
- Mushrooms with Pasta and as side Dishes
- Some Recipes for Very Wild Mushrooms (The above recipes principally feature mushrooms that are commercially available)
- Mushroomless Desserts
- Situations and Menus
- Caveats and New Friends

This book is even heavier on its emphasis on commercially available mushrooms than the volume above but the recipes can be adapted to wild mushrooms.

The Mushroom Lover's Mushroom Cookbook and Primer written by Amy Farges, Workman Press, 2000



One immediate criticism I have of this book is the fact that the mushrooms covered are pictured and described but only using common names. There is one of these mushrooms that I'm even not completely sure I have correctly identified to species. The mushrooms covered include many varieties found in Michigan such as Hen of the Woods (*Grifola frondosa*), pom pom mushrooms (one or more of the *Hericium*; these can be used interchangeably), Mousseron (Fairy Ring mushrooms), honeys (*Armillariella mellea* complex), huitlacoche (corn smut *Ustilago maydis*), sulfur shelf (*Laetiporus sulfurous* and *L. cinnabarinus*), morels (*Morchella esculenta*, *M. angusticeps*, and *M. semilibera*), and many more.

The book provides a great variety of basic to complex recipes for even the most discriminating pallet.

Wild About Mushrooms written by Louise Freedman, Aris Press then Addison-Wesley, 1987 and 2000

This publication of the Mycological Society of San Francisco is available for download on their website www.mykoweb.com/cookbook/. This website is definitely worth a side trip if you decide to download some or all of the recipes.

The cookbook has four major sections.

Part I - is a Cook's introduction to Mushrooms which describes general topics like cooking with mushrooms, safety, cleaning, cooking tips, preserving mushrooms and stuffing mushrooms.

Part II - is a set of basic mushroom recipes for use with various wild mushrooms or combinations thereof. There are recipes for preserving mushrooms (e.g., duxelles), sauces, appetizers stuffed mushrooms, soups, egg dishes, mushrooms with grains and/or pasta, and other general mushroom dishes. Often there is a list of alternate mushrooms that could be used in the dish.

Part III - is a Cook's Encyclopedia of Wild and Cultivated Mushrooms presented by species, The species included here are black saddle mushrooms (*Helvella lacunosa*; the recipes would also work with *Helvella crispa* which is more common here in Michigan), blewits, Boletes, chanterelles, store mushrooms (white buttons), ear mushrooms (*Auricularia auricula-judae*), enoki; fairy ring mushrooms, hedgehogs, honey mushrooms, matsutakes, milky caps (mostly candy caps which don't grow in Michigan), morels, namekos, oysters, puffballs, shaggy manes, the shaggy parasol (*Lepiota rhachodes*), shiitakes; snow mushrooms (*Tremella fuciformis* commercially available in Chinese markets), straw mushrooms, and truffles. For most of the recipes there is a list of alternate mushroom that would work with the recipe.

Part IV - describes medicinal mushrooms, hunting manners, a list of scientific and common names for many mushrooms, a list of American and foreign common names for mushrooms, and refers to the NAMA list of mushroom societies.

What can I say, all of the above and the price is right!

