

MUSHROOM NEWSLETTER

22 February 2011



A bleak time of year – but mushrooms are available and good things are on the way . . .

It's been a long, very cold, winter, but despite the snow and frost, there are still mushrooms to be found. My godson and his girlfriend came to stay a few days back (12/13 February) and playfully challenged me to find show them edible fungi. I explained it would be tough, but suspected I could rustle something up. Even so, I surprised myself when I managed to find a kilo of Jew's ears 300 metres from the front door.



Jew's ears fruit throughout the year in mild damp conditions (photographed 13 February 2011)

These look unappealing, can be a little rubbery and tend to pop and spit in the pan, but they are closely-related to a species which is heavily extensively in Chinese cooking. They have a decent flavour and the problems with the texture and their explosive qualities can be overcome by shredding finely before stir-frying. Alternatively, try my latest kale and pasta recipe (look for this on the 'Latest' righthand column on my website – www.fungiforays.co.uk/index.php/single/porcini_kale_and_pasta).

Rather more exciting from my point of view is the invitation to return to the fantastic Uzumlu Morel Festival this Easter. I can't tell you how excited I am by the chance to wander through the spectacular scenery of this wonderful mountain village which is both remote and yet only an hour from Dalaman Airport. If anyone fancies a break in the sun with mushrooms and a really warm welcome, get in touch – I'm looking forward to meeting up again with at least seven newsletter readers at the event.



A happy hunter . . . and what it's all about

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P.S. As always, let me know if you want to be removed from the list and I will do it forthwith.