



## Chanterelle Mushrooms

Slightly nutty, slightly apricot, Chanterelles (*Cantharellus cibarius*) are highly prized for their flavour, texture and versatility. Exquisite and, quite frankly, life altering, they can make your taste buds dance and sing! Paired with roasted and grilled meats of all kinds, salmon, white fish, scallops, lobster, eggs, pasta, the list goes on and on, Chanterelles will turn an ordinary dish into a spectacular taste experience!

*The following recipe and information supplied courtesy of: Pleasant Corner Gardens, Vankleek Hill, ON.*

### A Few Tips:

Chanterelles release a lot of water when they cook. This liquid will evaporate as they continue to cook. The pieces of raw mushroom will reduce to half their size once cooked. Cooking time can vary depending on moisture and size of mushroom pieces. Don't worry about using too much butter or oil. Any excess can be used in other recipes.

### Chanterelle Mushroom, Fleur d'Ail (Garlic Scape), and Fresh Thyme Sauté

This recipe is a great side dish that can be served with grilled meat or fish, fried eggs, or as a topping on a burger.

Serves: 4

Cooking time: approx. 10 minutes

- 2 cups (about 100g) Chanterelles, cleaned
- 1 garlic scape, (or 1 clove of garlic), finely chopped
- 2 or 3 sprigs of fresh thyme
- 2 Tbsp. butter, more as needed
- 1 tsp. olive oil
- Salt & pepper, to taste
- Fresh Italian parsley or chives for garnish (optional)

Slice and chop Chanterelles into large bite size pieces. Place a large, heavy bottom pan, big enough to accommodate all mushrooms in one layer, over medium/high heat. Add 2 Tbsp. of butter and 1 tsp. olive oil. When butter has melted and is starting to bubble, add the mushrooms and the thyme. Sear the mushrooms, turning them over or adjusting them as they brown. If the pan gets

dry, add more butter. About 5 minutes into cooking add the chopped garlic scape. Cook about 5 minutes more, stirring frequently. Add more butter if needed. Mushrooms are done when they are a deep golden brown and chewy in texture. (If desired, reduce heat to medium and continue to cook until crispy). Remove from heat. Remove thyme sprigs and discard. Salt and pepper to taste. Using a slotted spatula or spoon, serve and garnish with chopped parsley or chives. Drain any excess Chanterelle infused butter/oil that from the pan into a small container and store in refrigerator for later use. (Or just put the whole pan in the fridge and use to scramble eggs the next morning!) The above is a 'jumping off' recipe. It is a great side dish as written or steps and ingredients can be added to create a mushroom bruschetta, a delicious pasta sauce or a fabulous omelette.

*Chanterelles are available at the **Vankleek Hill Farmers' Market** from July 24 and the weeks following as long as supplies last!*