

# A wild mushroom fungus foray

Friday to Sunday 17-19 October 2003

Our **most popular weekend** and a particular seasonal treat, this very special course offers a chance to **forage for fungi**, then learn how to cook them.

Dr Patrick Harding, author of the best-selling book 'How to Identify Edible Mushrooms' (and a vegetarian) will give two illustrated talks on the marvellous qualities of this fascinating group of organisms. You will learn which species are edible and how to safely identify them, then strike out into the Cheshire countryside to gather your own ingredients. Last year 69 varieties were found and identified! These included Common Yellow Russula, Charcoal Burner, Purple-Black Russula, Oak Milk Cap, Lawyer's Wig, Fairy Parasol and The Blusher to name but a few. Not all are edible, or indeed suitable for picking, but the variety is enormous. On Sunday, a Cordon Vert tutor will create a menu to make the most of your finds and guide you through a variety of preparation methods. Your final task will be to eat the results!

Phil Daoust, a journalist for The Guardian newspaper, attended last year and wrote an article called 'Something for the Weekend' in which he recounts Patrick's enthusiasm.

'We are driving through the Cheshire countryside when the car in front screeches to a halt. The driver, our gangly bearded lecturer, dashes across the road, crouches down and picks something pale and phallic from the verge. He runs back to the vehicle, brandishing his find and cries "Shaggy ink cap! – Edible – and delicious!"'

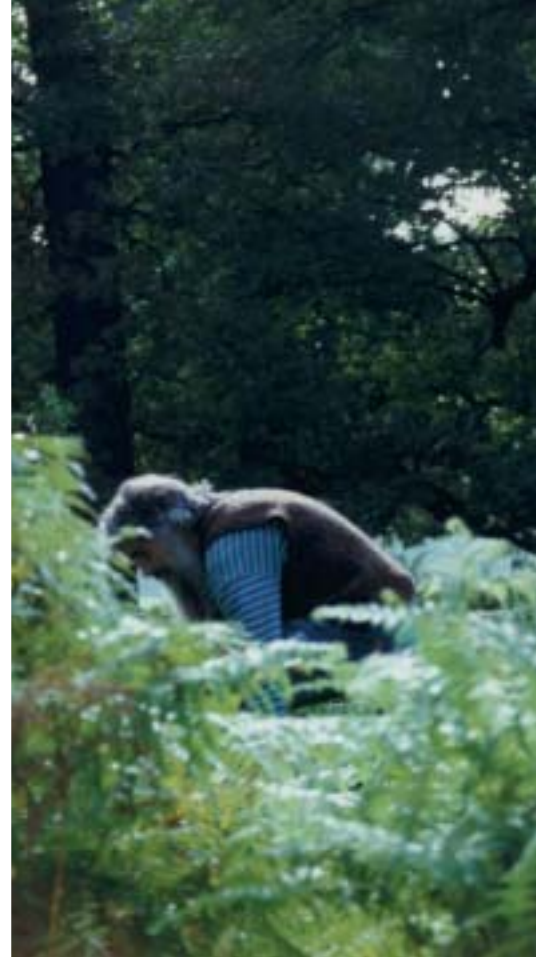
Students receive a huge pack of information on many varieties of wild mushrooms together with a culinary pack full of wonderful recipes for the preparation and cooking of wild species in seasonal order.

£498 residential, single en-suite room

£478 for twin/double room sharing

£415 non-residential.

If you're not able to make it to Parkdale for this superb weekend, here are three taster recipes out of the pack.



## TOMATO AND WILD MUSHROOM SOUP

Serves 4-6

*Especially delicious with ceps and ripe tomatoes – if you like, you can intensify the flavour with some pureed sun-dried tomato. If fresh wild mushrooms are unavailable, you can use dried ones.*

**4 tbs olive oil**  
**1 large red onion, chopped**  
**1/2 tsp dried thyme or 2 tsp fresh thyme**  
**1/2 tsp dried marjoram or 2 tsp fresh marjoram**  
**400g mushrooms (cep or field) sliced thinly**  
**1 large clove garlic, chopped**  
**450g ripe tomatoes, peeled, seeded and chopped**  
**salt and pepper**  
**200ml vegetable stock**

TO GARNISH

**fresh chopped herbs**  
**grated vegetarian parmesan style cheese**  
**a baguette, thinly sliced – 2 slices per person**

Heat half the oil in a saucepan and sauté the onion. If you are using dry herbs, add them now and cook for 1 minute.

While the onion is cooking, heat the remaining oil in a large skillet and fry the mushrooms. Toss them immediately, salt lightly, and cook over a medium heat until they begin to release their juices.



Add the mushrooms, garlic and tomatoes, seasoning and stock to the onions, and add the sun-dried tomato puree and fresh herbs if using. Cover and simmer for 45 minutes.

To allow the flavours in the soup to develop, allow at least 1 hour before reheating and serving.

Brush the bread with olive oil and bake until golden. Top with vegetarian parmesan style cheese and fresh herbs and serve with the soup.

## PECAN COATED FRIED BOLETES

*Suitable as a side dish or starter*

**3 tbs roasted, ground pecans**  
**3 tbs plain flour**  
**3 tbs plain breadcrumbs**  
**salt and freshly ground black pepper**  
**1 beaten free range egg**  
**225g fresh, sliced boletes**  
**a little oil or butter**

Mix the nuts, flour and breadcrumbs. Season to taste.

Dip the sliced mushrooms into the beaten egg and then into the dry mixture.

Fry on both sides until golden and crispy.

## CREAMY BAKED POTATOES AND CHANTERELLES

*This rich earthy dish is a must if you have chanterelles!*

**900g new potatoes**  
**450g chanterelles**  
**2 tbs olive oil**  
**2 cloves garlic, crushed**  
**450ml double cream**  
**salt and freshly ground black pepper**

Preheat the oven to 190°C/375°F/gas mark 5.

Peel or scrub the potatoes and slice them about 7mm thick. Steam until soft. Clean the chanterelles with a damp cloth and slice them about 7mm thick.

Heat the oil in a frying pan. Add the mushrooms, garlic, salt and pepper and cook over a medium heat for 5 minutes.

Lightly oil a gratin dish and layer half of the potatoes in the bottom. Season well.

Add all the mushrooms and cover with the remaining potatoes. Season well.

Pour over the cream and bake for 40 minutes, or until the potatoes have absorbed most of the cream and the top is golden brown.

Serve with a crisp leaf salad.

# Cookbook round-up

By our Cordon Vert Team

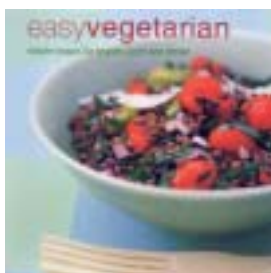


## PARADISO SEASONS

Dennis Cotter  
 Publisher: Atrium  
 Hardback £25.00  
 ISBN 0-9535353-4-7

Hurrah! At last we have a book that is set out in seasons! As if that wasn't impressive enough, seasonal ingredients are specified at the beginning of each section so we now know not only what is in season, but have fantastic inspirational ideas of what to do with our seasonal purchases! This book, written by Chef Dennis Cotter of Café Paradiso in Cork City, Ireland is huge, containing over 140 recipes! At first glance it appears overwhelming and very comprehensive, but I found the deeper you delve, the more inspired you become. The book offers a practical and inspirational approach to cooking and is packed with big vibrant colour photos. This is a quality book that will never age – the perfect inspiration to eat seasonally!

Natalie



## EASY VEGETARIAN

Tessa Bramley, Ursula Ferrigno, Silvana Francos, Alastair Hendy, Louise Pickford, Fiona Smith, Fran Warde, Lesley Waters  
 Publisher: Ryland Peters and Small  
 Hardback £12.99  
 ISBN 1-84172-491-2

This book certainly dispels the myth that vegetarian food is time-consuming and difficult to prepare, with huge amounts of soaking pulses and lentils! This compact, square-shaped book is usefully set out in sections of Brunches, Starters and snacks, Soups, Cheese and eggs, Salads and sides, Pizzas, savoury tarts and breads, Pasta, noodles and rice, Beans, lentils and chickpeas, One-dish meals and Puddings! Useful for beginners, this book also contains a basics section explaining how to make pizza dough, a classic tomato sauce and basil pesto, vegetable stock, and Dijon dressing. Personally I think this is exactly the type of book every vegetarian needs in their collection – along with your more complex, glamorous books, this book holds its own for its inspiration for quick, simple, easy-to-follow recipes and absolutely mouth-watering pictures! Overall this book has certainly proved its aim, and more – that vegetarian food is not dull, brown and stodgy! It's fantastic.

Natalie



## 101 VEGGIE DISHES – TRIED AND TESTED RECIPES

BBC Good Food Magazine  
 Publisher: BBC Worldwide Limited  
 Paperback £4.99  
 ISBN 0-563-48839-5

This pocket-sized book is full of easy and simple-to-follow recipes with tempting colour photos. It is divided, although not clearly marked, into six sections including Soups,

Salads and snacks, Light meals, Pasta, rice and noodles, Main courses and Desserts as well as an interesting section on dairy-free recipes. Useful hints on sourcing ingredients, time-saving tips, alternative ingredient suggestions as well as a nutritional breakdown of each recipe add a little something extra to this book. Overall this book can be described as compact but comprehensive and definitely good value for money.

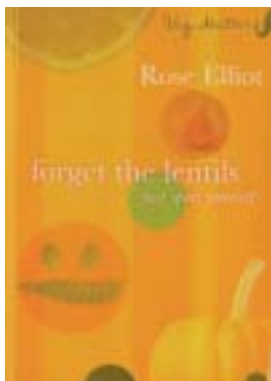
Tasha

## VEGAN RUSTIC COOKING 'FOR ALL SEASONS'

Diana White  
 Publisher: The Vegan Organic Network  
 £7.99 including postage

A textbook style A4 paperback of vegan recipes written on behalf of The Vegan Organic Network (VON). At first glance this book appears to be uninspiring, with no glossy colour photographs to tempt the reader, but on further reading the simple uncomplicated recipes are ideal for everyday cooking and would be invaluable to vegans as well as vegetarians looking to take the next step. Try 'Quick Savoury Pancakes', 'Summer Stew' or 'Yorkshire Pudding with Vegan Sausages' – you can't go wrong with this type of food! The Vegan Organic Trust is a registered charity and profits from the sale of this book go towards its funds. **Available by mail order only** – send cheque payable to VOT to 10 Charter Road, Altrincham, Cheshire WA15 9RL.

Christine



## FORGET THE LENTILS

Rose Elliot  
 Publisher: Little Books by Big Names  
 Paperback £6.99  
 ISBN 1-904435-03-3

A core collection of fifty brand new, fast, fresh vegetarian recipes from our patron Rose Elliot. Apart from wonderful White Gazpacho, Piquant Onion Tarts, Hot and Spicy Baked Avocados and a recipe for Super Fast Ice-Cream, there are useful sections on 'The Golden Rules of Time-saving' and 'Essential Equipment'. This little book makes the most of fresh, inexpensive ingredients without skimping on tastiness or value to health. Small, but beautifully compact, and wonderful!

Christine



Books are not available from the Society, but buying them via the internet can help boost our funds. Go to [www.vegsoc.org/help](http://www.vegsoc.org/help) and click on the link to Amazon – we will get a commission from your purchase.