

Bellybutton
hedgehog

Golden
chanterelle

Lion's mane
(cultivated)

The flavor of fall

Enjoy the savory taste of mushrooms baked in a buttery tart, simmered in a hearty

Oyster
(cultivated)

Pink oyster
(cultivated)

Cauliflower

**Slow-roasted portabellas
on parsley salad**

soup, slow-roasted, sautéed with garlic, and tossed into pasta



Wild mushrooms grow all year long in the West, from the summer matsutake of Washington and Oregon, to the chanterelles harvested in winter along the mild coast of California, to the first morels of spring. But we crave them and their cultivated brethren most in the fall, when their deep woody flavors and toothsome textures enrich dishes of all kinds. Their lingeringly satisfying, savory quality (also found in steak, soy sauce, and parmesan cheese) has actually been defined as *umami*, the so-called fifth taste, along with salty, sweet, bitter, and sour. These recipes take full advantage of what mushrooms, with all their umami, have to offer.

A tip: To clean mushrooms, wipe them with a dry brush and a damp paper towel. Particularly dirty specimens should be swished around in a bowl of cold water for a minute, then dried on paper towels.

Slow-roasted portabellas on parsley salad

The balsamic vinegar brings a lot to this dish, so use a good-quality one, if possible. The small investment is worth it—a few drops go a long way.

PREP AND COOK TIME 45 minutes

MAKES 4 servings

4 portabella mushrooms, stems removed

1 tbsp. extra-virgin olive oil

2 cups flat-leaf parsley leaves

1½ tsp. good-quality balsamic vinegar

Coarse sea salt or kosher salt

Parmesan curls (use a vegetable peeler)

1. Preheat oven to 250°. Brush mushrooms with 1 tsp. olive oil and put, top side down, on a baking sheet. Bake until shrunken slightly, about 30 minutes.
2. In a medium bowl, toss parsley leaves with 1 tsp. oil and ½ tsp. vinegar. Add coarse salt to taste.
3. To serve, divide salad among four plates. Slice portabellas and arrange on salad. Drizzle with remaining olive oil and vinegar. Sprinkle with salt and add parmesan curls on the side.

PER SERVING 70 CAL., 49% (34 CAL.) FROM FAT; 3.5 G PROTEIN; 3.8 G FAT (0.5 G SAT.); 7.9 G CARBO (3 G FIBER); 19 MG SODIUM; CHOL. DATA NOT AVAILABLE

Garlicky sautéed mushrooms

When mushrooms are cooked, they release a lot of liquid. Using high heat evaporates the juices, allowing the mushrooms to brown and develop flavor.

PREP AND COOK TIME 30 minutes

MAKES 4 to 6 servings

1 lb. wild or cultivated mushrooms

2 tbsp. olive oil

¼ tsp. salt

2 tsp. minced garlic

1 tbsp. chopped parsley

Coarse sea salt, preferably fleur de sel

1. Trim stems off cleaned mushrooms and cut caps into bite-size pieces. Very small mushrooms can be left whole.
2. Set a 10- to 12-in. frying pan over high heat. When hot, add olive oil, swirl to coat bottom, and add mushrooms. Sprinkle with salt and cook over high heat, stirring, until mushrooms stop giving off liquid and start to brown.
3. Add garlic and cook, stirring, 2 to 3 minutes. Remove from heat; stir in parsley. Serve on a platter and season with sea salt.

PER SERVING 59 CAL., 69% (41 CAL.) FROM FAT; 1.8 G PROTEIN; 4.5 G FAT (0.6 G SAT.); 3.8 G CARBO (0.9 G FIBER); 96 MG SODIUM; 0 MG CHOL.

Leek and chanterelle tart

The simple salt-and-pepper crust of this tart is worth making from scratch. If you do use a ready-made crust, pick one without sugar.

PREP AND COOK TIME 1½ hours

MAKES 6 to 8 servings

NOTES You can substitute button or cremini mushrooms for the chanterelles.

For the crust:

1 cup flour, plus more for rolling out dough

½ tsp. each salt and freshly ground

black pepper

7 tbsp. butter, chilled and cut into small pieces

For the filling:

3 tbsp. butter

3 leeks, white and very light green parts

halved, cleaned, and thinly sliced

½ tsp. salt

1 lb. chanterelles, cut into about 1-in. pieces

2 tsp. fresh thyme leaves

3 tbsp. heavy whipping cream

¼ tsp. freshly ground black pepper

1 cup grated gruyère cheese

1. Make crust: In a medium bowl, mix flour, salt, and pepper. Rub butter into flour until most of it looks like cornmeal but some larger, pea-size pieces remain. Drizzle in 3 tbsp. ice-cold water while stirring quickly with a fork. Or, pulse flour, salt, pepper, and butter in a food processor until a coarse, cornmeal-textured mixture forms, then drizzle in ice water until dough comes together. Turn dough onto a large piece of plastic wrap and use wrap to press dough into a 1-in.-thick disk. Wrap in plastic wrap and refrigerate at least 30 minutes and up to 2 days.
2. Preheat oven to 375°. Lightly flour a work surface. Unwrap dough; with a rolling pin gently roll it, turning dough 90° between each roll, into a 12-in. circle.
3. Place rolled-out dough in a 9½-in. tart pan. Trim edges flush with pan edges. Cover dough with a large piece of aluminum foil and weigh down with pie weights, dried beans, or uncooked rice.
4. Bake crust 20 minutes. Lift foil and weights off crust and bake until beginning to turn golden, about 10 minutes. Let crust cool to room temperature.
5. Meanwhile, make filling: Melt butter in a large frying pan over medium-high heat. Add leeks and salt and cook, stirring, until leeks are soft, about 3 minutes. Turn heat to high and add mushrooms. Cook, stirring constantly, until mushrooms have given off their liquid, 5 to 10 minutes. Stir in thyme, cream, and pepper, then turn off heat and let cool to room temperature.
6. Spread half of the grated cheese over tart crust. Spread leek-mushroom mixture on top and sprinkle with remaining cheese. Bake until cheese is melted and golden, about 25 minutes. Let sit 10 minutes before cutting. Serve warm or at room temperature.

PER SERVING 310 CAL., 64% (198 CAL.) FROM FAT; 8.1 G PROTEIN; 22 G FAT (13 G SAT.); 22 G CARBO (1.8 G FIBER); 497 MG SODIUM; 62 MG CHOL.



Garlicky sautéed mushrooms

Thrill of the hunt

Mushroom gathering is part sport and part science, a walk in the woods that uses knowledge and experience to find hidden treasure. Before hunting wild mushrooms, though, it's important to know which ones are edible and which are poisonous. Your best resource is a mycological society, and lots of them exist in the West. Such organizations usually offer guided tours, educational seminars, free mushroom identification, and even annual fungus fairs. To find one near you—and to enjoy even more *Sunset* mushroom recipes—visit www.sunset.com/mushrooms

If you're not a hunter-gatherer type, you can still find wild mushroom varieties at gourmet markets or at farmers' markets, where foragers often sell their wares.



Leek and chanterelle tart

Garlic-stuffed mushrooms

The vast amount of garlic here is tempered by being slowly cooked in cream, resulting in a rich, mild garlic stuffing.

PREP AND COOK TIME 1½ hours

MAKES 4 to 6 servings

NOTES Panko, or Japanese bread crumbs, are very light and crunchy; find them at Asian markets.

2 heads garlic, cloves separated and peeled

1 cup heavy whipping cream

1 tsp. salt

1 cup panko or white, unseasoned bread crumbs

24 large button or cremini mushrooms, stems removed

2 tsp. olive oil

¼ tsp. freshly ground black pepper

1. In a small saucepan over low heat, slowly cook garlic and cream until garlic is soft enough to mash with a spoon, about 45 minutes. (Cream will be reduced and thick.) Remove from heat and mash garlic into cream with a fork, making a rough purée. Stir in salt and panko and mix thoroughly.

2. Preheat oven to 450°. Lay mushroom caps, top side down, on an oiled baking sheet. Brush edges with oil and fill centers with garlic cream.

3. Bake until starting to brown, about 15 minutes. Let sit 5 to 10 minutes. Lift mushrooms from any released liquid and arrange on plates or a platter. Sprinkle with pepper.

PER SERVING 231 CAL., 66% (153 CAL.) FROM FAT; 4.9 G PROTEIN; 17 G FAT (9.4 G SAT.); 17 G CARBO (1.8 G FIBER); 438 MG SODIUM; 54 MG CHOL.

Garlic-stuffed mushrooms



Mushroom-potato soup with smoked paprika

Mushroom-potato soup with smoked paprika

Smoked paprika—known as *pimentón* in its native Spain—adds a deep woodsmoke flavor to this hearty soup.

PREP AND COOK TIME 1 hour

MAKES 6 to 8 servings

NOTES Shiitake, oyster, and *mitake* (also called *maitake* or hen of the woods) are great here, but button or cremini mushrooms work well too.

2 oz. dried porcini mushrooms

1½ lbs. fresh button mushrooms

3 tbsp. olive oil

1 onion, halved and thinly sliced

1½ tsp. salt

3 oz. pancetta, chopped

1 tbsp. smoked paprika (pimentón)

1 cup dry white wine

2 cups chicken broth

3 russet or Yukon Gold potatoes (1½ lbs.), peeled and chopped

Salt and freshly ground black pepper

6 to 8 tbsp. crème fraîche or sour cream

1. In a small bowl, pour 1 cup boiling water over dried porcini. Set aside.

2. Cut off stems of button mushrooms. Finely chop stems; set aside. Halve caps, slice, and add to stems. With a slotted spoon, lift out porcini, pressing excess liquid into bowl, and transfer to a cutting board. Finely chop porcini and add to stems and caps. Reserve soaking liquid.

3. Heat olive oil in a large pot over medium-high heat and add onion and salt. Cook, stirring, until onions are soft, about 3 minutes. Add pancetta and cook until onions look a bit creamy, about 2

minutes. Add paprika and cook until very fragrant, 2 minutes. Turn heat to high and add mushrooms. Cook, stirring constantly, until mushrooms start giving off their liquid, 3 to 5 minutes.

4. Add wine and cook until liquid is reduced by half, about 3 minutes. Add reserved porcini soaking liquid (pouring carefully to leave behind the sandy dregs), chicken broth, 2 cups water, and potatoes. Bring to a boil, then reduce heat to low and simmer, uncovered, until potatoes are tender, 10 to 15 minutes.

5. Season with salt and pepper to taste. Serve hot, with a dollop of crème fraîche.

PER SERVING 265 CAL., 51% (135 CAL.) FROM FAT; 8.3 G PROTEIN; 15 G FAT (6.1 G SAT.); 25 G CARBO (4.2 G FIBER); 713 MG SODIUM; 17 MG CHOL.

Penne with oyster mushrooms, prosciutto, and mint

Quick, delicious, and crowd-pleasing, this pasta dish is great for weeknights.

PREP AND COOK TIME 40 minutes

MAKES 2 to 4 servings

NOTES Substitute button or cremini mushrooms for the oyster mushrooms.

1 tbsp. plus 1 tsp. kosher salt

½ lb. penne

3 tbsp. olive oil

1 lb. oyster mushrooms, sliced, tough stems removed

2 cloves garlic, thinly sliced

½ cup chicken broth

1 cup grated fontina cheese, preferably Italian

½ cup chopped mint

2 slices prosciutto, chopped

Freshly ground black pepper

1. Bring a large pot of water to boil. Add 1 tbsp. salt and penne. Cook until barely tender to the bite. Drain; set aside.

2. In the same pot, heat olive oil over high heat. Add mushrooms and remaining tsp. salt and cook, stirring constantly, until mushrooms stop giving off liquid and start to brown, about 10 minutes. Turn heat to medium-high and add garlic. Cook, stirring, until fragrant, about 2 minutes. Stir in chicken broth and penne and cook until broth is absorbed. Stir in cheese until melted and coating the pasta. Take off heat and stir in mint. Serve immediately, topped with prosciutto and pepper.

PER SERVING 540 CAL., 37% (198 CAL.) FROM FAT; 25 G PROTEIN; 22 G FAT (7.2 G SAT.); 65 G CARBO (5.8 G FIBER); 1,169 MG SODIUM; 39 MG CHOL. ■

A top-down photograph of a white ceramic bowl filled with penne pasta. The pasta is mixed with sliced oyster mushrooms, pieces of prosciutto, and finely chopped green herbs. A decorative rose of prosciutto is placed in the center of the dish. The bowl sits on a dark grey plate, which is on a brown textured tablecloth. To the right, a silver fork is placed on a folded light green napkin.

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