

MOREL (SPONGE) MUSHROOM RECIPES

Cut morels in half (or more). Soak in salted ice water for 20 to 60 minutes. Drain and/or squeeze water out, then cook. **DO NOT EAT RAW!**

Sautéed Morels

Sauté morels in butter. Add salt, pepper, and Worcestershire sauce to taste. Onions may be added also. Serve on steaks, pork chops, chicken breasts, toast, French bread, or just by themselves. Margarine or olive oil may be substituted.

Chicken with Morel Wine Sauce

Slice morels in strips. Sauté 4 chicken breasts that have been pounded to ¼ inch thick in 2 T vegetable oil. Add ¼ to ½ cup white wine. Simmer 20 minutes. Add broth or water, if necessary. Place chicken on serving dish. Cover to keep warm. Measure 1 cup liquid adding if necessary. Melt 2 T butter. Sauté morels and ½ cup thinly sliced onion 3 minutes or until tender. Sprinkle on 2 T flour. Add liquid all at once. Add 1 tsp dried basil, 1 tsp dried rosemary, 2 T chopped pimento (drained), and ¼ tsp pepper. Cook 1 minute more. Spoon over chicken breasts.

Rice Casserole with Morel Mushrooms (GREAT!)

Cut 8 oz. morels into small pieces. Sauté morels, 2 T onions, 1 pkg Uncle Ben's Original Wild and Long Grain Rice for about 20 minutes in 4 T butter. Place in casserole dish. Add 3 cups chicken broth and seasoning packet from rice. Bake 1 hour in 375-degree oven. Serve with just about any meat entrée as a potato substitute.

Stuffed Morels

Large morels may be baked with your favorite stuffing.

MOREL APPETIZERS

Half morels. Dip in egg, then flour and sauté in butter or margarine. Salt and pepper to taste. Lemon juice may be squeezed on.

The Official Minnesota State Dinner

Wash 4 oz. wild rice thoroughly and place in a heavy saucepan with 4 cups lightly salted water. Bring to a boil, reduce heat and simmer, covered for 45 minutes. Uncover, fluff with fork, and simmer another 5 minutes, drain.

In 2 T of butter, sauté one medium onion over medium high heat just until the onion turns clear, about four to five minutes. Add 1-lb morels and sauté for 4 minutes, add the cooked wild rice and mix. Keep warm in a 200degree oven.

Mix 1-cup flour and 1-cup corn meal in a bowl and season to taste with salt and pepper. In a cast-iron skillet, heat 2 T oil over medium high heat. Dredge 4 walleye fillets in the flour/corn meal mix and put them, 2 at a time, into the skillet. Reduce to medium heat. Turn when brown. Test the thick part of the fillet with a fork. When it turns from translucent to white, it is done.

On each plate, place a golden brown walleye, a couple of lemon wedges, and a helping of the morel/rice mixture. Use remaining tablespoon of butter in the skillet and heat on high until it foams. Add 1 T parsley and a little lemon juice. Pour a little over each fillet.

* In 1984, the morel was declared the Minnesota state fungus. The state fish is the walleye, and the state grain is wild rice. By the way, the state bird is the loon. So if the state insect were a wood tick, would Minnesota be a loon-a-tick state? Ratzloff, John, *The Morel Mushroom*, Voyageur Press, Stillwater, MN, 1990, Page 61.

Take a water chestnut and wrap with a half piece of bacon. Wrap a morel half at a 90-degree angle to the bacon skewer. Cook on grill or in a 400-degree oven for 6 to 9 minutes. Brush with butter twice while cooking.

A Favorite Recipe From Chef V'etta O'Brien from Grandma's Kitchen in the Ozarks of Missouri

Sauté about 2 T of butter, about 1 tsp minced garlic, a small amount diced green onions, 4-8 oz fresh morels. Saute 10-15 min. Add a splash of white wine (Chablis). Cook down until moist (not runny).

Nancy Hill's Variations: Add 1/4 c. whipping cream. Cook slowly until the cream takes a brownish color. Adding fresh thyme yet is still another great variation to this recipe.

Note: Using fat free half and half is suitable as well.

ENJOY!!!!

	<p>HILL'S MOREL MUSHROOMS 1635 West Lane La Crescent, MN 55947 www.hillsmorels.com</p>
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