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one hundred
Cush Room
receipts

by
KATE SARGEANT



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CLEVELAND
CHARLES ORR
1899 1899



one hundred
Wash room
receipts

by
KATE SARGEANT



CLEVELAND
CHARLES ORR
1899 1899

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PREFACE.

Owing to the present popular interest in the subject of mushrooms, and to the fact that there is no cook book devoted exclusively to them (most cook books having only a few receipts, usually for cooking the common mushroom,), it would seem that a collection of receipts like the one here offered to the public would meet with favor.

The idea of arranging such a book was suggested to the compiler by several persons unknown to each other, who knew her interest in mushrooms in this relation to the cuisine.

To my own receipts I have added those collected from friends, and from the different books, English and American, on the subject. Many of the receipts may be changed to suit the individual taste, and if one has not enough of one variety a mixture will often make a very palatable dish. I have heard of as many as six varieties cooked together.

I have made no attempt to describe the edible, nor to warn against the emetic and poisonous kinds. To do so would require too much space, and besides, such knowledge is to be presumed.

I am greatly indebted to Mr. Wm. Knox, President of the Mycological Club of Cleveland, for his introduction to this book. Mr. Knox's well-known enthusiasm for this subject and his kindly interest have been helpful to many.

K. R. S.

INTRODUCTION.

The general opinion in this country regarding mushrooms has been, that with one or two exceptions, all forms of fungus growth are either poisonous or unwholesome, but it is very gratifying to observe the change that is rapidly taking place in the public mind. Soon public opinion will acknowledge that it is an established fact that the great majority of the larger funguses, especially of those that grow in fields and other open places, is not only wholesome but highly nutritious.

The terrible tales of poisoning, so carefully collected and recorded in the daily newspapers are traceable to a few species; these seem to have placed a curse on the whole tribe, which would otherwise be—as nature must have intended—a valuable addition to our food supply.

The mushroom has been for centuries a staple article of diet in many of the countries of continental Europe and eastern Asia. It is said that in these countries thousands of persons live for several months of the year almost entirely upon this kind of food. It is gathered by the people living in the country for their daily use and also to be preserved, dried or pickled for winter stock. Large quantities are also sent daily to the markets of the neighboring cities and sold at a good profit.

No country is richer in this wholesome and palatable food than our own, and in no other country is it to be found in greater variety and profusion. But owing to prejudice or

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ignorance, vast quantities are allowed to rot year after year where they grow, while thousands of the poor may feel the pinch of hunger. What Dr. Badham wrote of England fifty years ago could be applied to America today, "Hundred weights of rich, wholesome diet rotting under trees, woods teeming with food, and not one hand to gather it."

The value of the mushroom as an article of diet is not generally understood.

Funguses differ from most other vegetables in that, like animal life during its growth, they absorb oxygen and as a rule give out carbonic acid; to chemical analysis they also show the several components of animal structures and have therefore been aptly named vegetable meat.

It is claimed that America uses more butcher's meat per head of population than any other country. But if the people would learn to know a few species of edible mushrooms the butcher's bill would be smaller and they would find during the summer and autumn months an agreeable and wholesome change, for while mushrooms contain all the constituents of animal food, they have the advantage of being more tender and more easily digested. Like animal structures, they are subject to rapid decay, and therefore should be prepared for the table only when quite fresh and perfectly sound. If more are gathered than required for one meal, it is better to cook them all when fresh, unless they are to be dried and put away for winter use.

Owing to mushrooms being highly nitrogenous they ought to take the place of animal food, rather than that of an extra vegetable on the table. Indigestion caused by overeating mushrooms will be just as disagreeable as it would be from overeating roast beef, and the mushrooms will probably get the entire blame for the trouble.

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The best kinds of food may be spoiled in the cooking, and mushrooms, to be thoroughly enjoyed and easily digested, must be carefully cooked. The receipts for cooking given in this book are gathered from many sources, some being the results of many experiments.

The mushrooms named in the appended list have been gathered in the vicinity of Cleveland, and although some are richer and better flavored than others, still they are all good and perfectly wholesome.

Agaricus campester.....	The Common mushroom.
“ arvensis	“ Field “
Coprinus comatus.....	“ Shaggy-maned “
“ micaceus	“ Glistening Coprinis.
“ atramentarius	“ Inky mushroom.
Clitopilus prunulus	“ Plum “
“ orcella	“ Sweetbread mushroom.
Marasmius oreades	“ Fairy-ring “
Lepiota procera	“ Parasol “
“ naucinoides	“ Smooth-white Lepiota.
Armillaria mellea	“ Honey-colored mushr'm.
Tricholoma personatum	“ Blewit.
Pleurotus ulmarius	“ Elm-sprout.
“ ostreatus	“ Oyster mushroom.
“ sapidus	“ Sapid Pleurotus.
Russula virescens	“ Green Russula.
Cantharellus cibarius	“ Chantarelle
Collybia radicata	“ Rooting-shank.
Hypholoma sublateritius	“ Brick-top.

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<i>Boletus edulis</i>	The Edible Bolet.
<i>Polyporus sulphureus</i>	“ Sulphur-clump.
<i>Fistulina hepatica</i>	“ Beefsteak.
<i>Morchella esculenta</i>	“ Common Morel.
<i>Clavaria flava</i> ,.....	“ Coral mushroom.
<i>Lycoperdon giganteum</i>	“ Giant puff-ball.
“ <i>cyathiforme</i> ..	“ Cup-shaped puff-ball.

SOUPS.

*"Muse, sing the man that did to Paris go,
That he might taste their soups, and mushrooms know."*
—W. KING, *Art of Cookery.*

AGARICUS CAMPESTER SOUP.

(Common Mushroom.)

Take a good quantity of the mushrooms, cut off the lower ends, and wash and peel, then put in stew-pan with butter, pepper and salt and a little stock, stir until tender, take off, and chop in small pieces; prepare a good stock, as for any other soup, and add it to the mushrooms and the liquor they have been stewed in. Boil all together and serve. I have used the stems only for this soup and the following one with good success.

COPRINUS COMATUS SOUP.

(Shaggy mane.)

Take a sufficient quantity of the mushrooms, clean and peel, then throw in a saucepan and stew with butter, pepper and salt until tender; take out and chop, then return to the liquor, to which add a little stock.

Another way is to add celery, onion, a bay leaf and a blade of mace.*

HUNGARIAN BOLETUS SOUP.

Dry the Boleti in the oven, soak in tepid water, thickening with toasted bread, till the whole is the consistency of a puree; then rub through a sieve, throw in some stewed boleti, boil together and serve with the usual condiments.

BOLETUS SOUP.

Slice and fry in a tablespoonful of butter two onions; to these add two quarts of water a half dozen boleti, two cloves, a blade of mace, a pinch of herbs, and salt and pepper to taste; when the mushrooms are tender strain through a sieve and serve with croutons. This makes a very rich soup.

FISTULINA HEPATICA SOUP.

(Beefsteak Mushroom.)

Fry two or three onions in butter, add the beefsteak mushrooms, which have been cut in small pieces, and any gravy or pieces of meat (left-overs), two

* Almost any soup will be improved by the addition of a few mushrooms.

quarts of water, two cloves, a blade of mace, a bay leaf, salt and pepper to taste. This makes a good bouillon. By adding tomatoes, celery or other vegetables a good vegetable soup is the result. In fact, you may use the beefsteak mushroom in soup just as you would a piece of beef. Old dried specimens may be used in soups and gravy.

POLYPORUS SULPHUREUS SOUP.

(*Sulphur Mushroom.*)

This mushroom tastes and smells, when cooking, like chicken. Only the young and tender parts should be used. Cut into rather small pieces, and cook in boiling salted water. When tender strain, and to the broth add more salt if necessary, pepper, onion and rice, as for chicken broth. The pieces from which the broth is made may be used for salad, for which a recipe is given under the salads on another page.

PLEUROTUS OSTREATUS SOUP.

(*Oyster Mushroom.*)

Clean, cut up in small pieces and stew until tender, with butter, salt and pepper; and then strain. Mushrooms too tough for eating may be used in this way. The clear broth is delicious; but if one prefer, milk, or, still better, cream may be added.

WHITE MUSHROOM SOUP.

(*Button Mushroom, Cultivated.*)

One quart of stock, one quart of milk, one gill of thick cream, one-half can of mushrooms, and all the liquor, or one quart of white button mushrooms, which have been stirred in butter, a tablespoonful of butter, and one of flour, and a teaspoonful of salt.

Put the stock and milk on to boil separately; stir in a saucepan over the fire, the butter and flour together until they bubble; pour on half the milk, quickly stirring all the time; add the rest and then the stock. When thick as cream and smooth, put in the mushrooms, salt, and, last, the cream. Just before using squeeze in some lemon juice or throw in pieces of lemon.

PUREÉ OF MUSHROOMS.

To make a puree of mushrooms, take as many button mushrooms as desired; wash them in cold water and wipe dry; chop them fine as possible and press in a cloth; put them in a stew-pan with a little butter, pepper and salt; let them stand over a brisk fire; when the butter is melted squeeze in lemon juice and add jelly broth, according to the quantity of mushrooms. Stew until reduced to the consistency of pea soup.

STEWES.

"That I should live so long and ignorant of such wealth as this."
—RANDOLPH.

AGARICUS CAMPESTER STEW. No. I.

(The Common Mushroom.)

Peel the mushrooms; if necessary, wash them in cold water; cut off bottom of stalks. Then put them in a porcelain saucepan; to every pint of mushrooms, add one tablespoonful of butter rolled in flour. Let the mushrooms cook in their own liquor and the butter for fifteen minutes, then add salt and pepper, and serve immediately.

AGARICUS CAMPESTER STEW. No. II.

(The Common Mushroom.)

Peel the mushrooms, and, if necessary, wash them in cold water; cut off the bottom of stalks. Then put them into a porcelain lined kettle; to every pint of mushrooms add a tablespoonful of butter divided into four pieces, rolled in flour. Let the mushrooms cook in their own liquor and the butter and flour for fifteen minutes, then add two tablespoonfuls of thick cream;

salt and pepper to taste. Take from the fire, add the well-beaten yolk of an egg, and, if you use it, one tablespoonful of sherry. Serve at once.

AGARICS DELICATELY STEWED.

Remove the stalks and skin from young, half-grown agarics, and throw them into a basin of water slightly acidulated with the juice of a lemon or vinegar. When all are prepared remove them from the water, and put into a stew-pan with a small piece of fresh butter. Sprinkle with pepper, salt and a little lemon juice; cover up closely and stew for half an hour; then add a spoonful of flour, with sufficient milk or cream till the whole has the thickness of cream. Season to taste and stew until tender. Remove the butter from the surface, and serve hot, garnished with slices of lemon. A little mace or catsup may be added if you like.

ARMILLARIA MELLEAE STEW.

(Honey-colored Mushroom.)

Soak the tops for half an hour in a quart of water, in which a tablespoonful of vinegar has been placed. Roll a tablespoonful of butter in flour and put in saucepan, add the mushrooms and sufficient water to

cover; stew until tender. Season with salt and pepper and serve hot.

CANTHARELLUS CIBARIUS STEW.

(*Chantarelle.*)

This mushroom being of a somewhat tough consistency, requires long and slow cooking. One authority says, "by soaking them in milk the night before less cooking will be requisite."

Cut the mushroom across and remove the stems; put them into a closely covered saucepan with a little fresh butter, and "sweat" them until tender at the lowest temperature. A great heat always destroys the flavor. Chantarelles may be minced and served with meat or other mushrooms.

CLAVARIA STEW.

(*Coral Fungus.*)

After sousing in tepid water, and wiping perfectly clean, the fungus should be "sweated" over a slow fire, afterward to be strained and the liquor thrown away; stew for an hour; add salt, pepper, cloves and parsley to taste, masking with plain stock and dredging occasionally with flour. Thicken with yolks of eggs and cream; serve hot.

COPRINUS ATRAMENTARIUS STEW.

(*Inky Mushroom.*)

Gather in the white or pink stage. Take a tablespoonful of butter, roll in flour and put in the bottom of a porcelain saucepan; throw in the mushrooms and cook until tender; add salt and pepper to taste, and cream if you like.

COPRINUS COMATUS STEW.

(*Shaggy Mane.*)

These should be used only in the young state, when pink or white underneath. Cut off lower part of the stems, peel the cap, and stew slowly until tender in their own liquor and a tablespoonful of butter rolled in flour; add salt and pepper to taste and serve on squares of buttered toast.

FISTULINA HEPATICA STEW.

(*Beefsteak Mushroom.*)

Fry a small onion in butter, add the beefsteak mushroom, which has been peeled and cut in small pieces, enough water to cover, and stew until tender; add salt, pepper and thickening, and serve hot.

RAGOUT OF HELVELLA OR MORELS.

Pick and clean your fungi and cut in two; wash and dry them well by wiping; then put them in a stew-

pan with butter, or a piece of ham or bacon; place over a brisk fire; when the butter is melted, squeeze in a little lemon-juice, give a few turns, then add salt, pepper, and a little grated nutmeg; cook slowly for an hour, pouring on at intervals small quantities of beef stock to prevent burning. When done, thicken with yolks of eggs.

The lemon juice is omitted by many, who think it unpalatable as well as unwholesome.

HYPHOLOMA SUBLATERITIUS STEW.

(Brick Top.)

Put a tablespoonful of vinegar in a quart of water, soak the mushroom caps in the mixture for twenty minutes. Take them out and stew slowly for half an hour, or until tender, in a covered vessel, adding butter, pepper and salt to taste. A small quantity of onion is thought by some to improve the flavor, and a thickening of cornstarch and milk just before serving is an improvement.

HYDNUM STEW. No. I.

(Medusa Mushroom.)

Cut the mushrooms in pieces and let them steep in warm water for twenty minutes. Then allow them to

simmer for an hour in a pan with butter, pepper, salt and parsley, with the addition of stock or gravy.

HYDNUM STEW. No. II.

(*Medusa Mushroom.*)

Cut the fungus into pieces and simmer in a little water; season with butter, pepper and salt; add a little cream. When cooked, pour the mixture over toast, or saute the pieces in butter; add a little sherry just before taking from the fire and serve on softened toast.

LEPIOTA PROCERA STEW. No. I.

(*Parasol Mushroom.*)

Remove scurf spots, steep for two hours, with some salt, pepper and a little onion; then toss them in a stew-pan over a brisk fire with a little parsley chopped fine and a little lemon juice.

LEPIOTA PROCERA STEW. No. II.

(*Parasol Mushroom.*)

Remove the scales and stalks from the young specimens, and throw each one as you do into a basin of water, in which has been placed a little lemon juice or vinegar. When all are prepared, drain and put in the

stew-pan with a small piece of butter; sprinkle with salt and pepper, and add a little lemon juice. Cover up closely and stew for half an hour. Then add a spoonful of flour with sufficient cream or cream and milk until all has the thickness of cream. Season to taste and stew gently until tender. Remove the butter from the top, and serve in a hot dish garnished with lemon. A little mace, nutmeg or catsup may be added, but some think the spice spoils the flavor.

LYCOPERDON GIGANTEUM STEW.

(Giant Puff Ball.)

Peel (discarding all yellow or those streaked with yellow). Cut in small pieces and put in stew-pan with a cup of cream; stew for at least half an hour; they must be well cooked to be good; add salt and pepper to taste and serve on toast.

MARASMIUS OREADES STEW. No. I.

(Fairy Ring Mushroom.)

If dry, soak, wash thoroughly, as they are apt to be full of grit and dirt; cut off stems. Cook in cream until tender; salt and pepper to taste and serve on toast.

MARASMIUS OREADES STEW. No. II.

(*Fairy Ring Mushroom.*)

Wash carefully, cut off stems; put in stew-pan a tablespoonful of butter rolled in flour; put in the fairy rings, enough water to cover and stew until tender; add salt and pepper to taste and serve hot.

MORCHELLA ESCULENTA STEW. No. I.

(*Common Morel.*)

Having washed and cleansed from earth, which is apt to collect in the hollows of the plants, dry them thoroughly in a napkin and put in a saucepan with a little parsley, salt and pepper, adding a piece of ham if you like it; stew for one hour, pouring in occasionally a little broth to prevent burning. When tender bind together with the yolks of two eggs and serve on buttered toast.

MORCHELLA ESCULENTA STEW. No. II.

(*Morelles à l'Italienne.*)

Having washed and dried the mushrooms, divide them across; put them on the fire with some parsley, scallion, cheveril, burnet, tarragon, cives, a little salt and two spoonfuls of good oil; stew until the juice runs out, then thicken with a little flour. Serve with bread crumbs and a squeeze of lemon.

STEWED RUSSULA.

Take as many as needed, look over carefully and peel; put a tablespoonful of butter in the pan and the russulas and cook until tender; thicken with flour, add salt and pepper to taste, and serve. They are improved by adding cream. Some people consider the russulas rather tasteless for stewing.

TRUFFLES RAGOUT.

For a ragout the tubers should be well washed, and afterwards soaked in oil, then cut in slices a quarter of an inch thick; place in stew-pan, with oil or butter, salt and pepper and a little white wine. When cooked bind the whole together with the yolk of an egg.

PIEDMONTESE TRUFFLES.

Soak first in oil, then slice thin, and put them in a stew-pan with salt, oil and pepper, grating over them some Parmesan cheese; then place in stew-pan over brisk fire for fifteen minutes.

BAKED.

*"Nearer as they came, a genial savor
Of certain stews and roast-meats and pilans,
Things which to a hungry mortal's eyes find favor."*
—BYRON.

AGARICUS CAMPESTER, ROASTED.

(Common Mushroom.)

Cut the larger specimens into fine pieces, and place them in a small dish, with salt, pepper and butter to taste; put in about two tablespoonfuls of water, then fill the dish, with the half-open specimens and buttons; cover tightly and place in the oven, (which must not be overheated), for about ten or fifteen minutes. The juice of the larger mushrooms will keep them moist, and if fresh, yield abundant gravy.

AGARICUS ARVENSIS, BAKED.

(Horse Mushroom.)

Peel off the cuticle of the cap, and then, cutting the stem close to the gills, lay them gills upward in a shallow dish; sprinkle with salt and pepper, and place a lump of butter on each. Cover and place in the oven until tender. Serve on toast.

AGARICUS CAMPESTER, SCALLOPED.

(*Common Mushroom.*)

Make a sauce of one tablespoonful of butter and one of flour, and two cupfuls of chicken broth or white stock; add to this the chopped stalks of a pint of mushrooms; reduce the same one-half, add a tablespoonful of chopped parsley, pepper and salt. Turn this sauce into a shallow baking dish, put in as many mushrooms as will fill the dish, placing them close together, gills up, put a piece of butter on each one and sprinkle the tops with crumbs, and place in an oven for ten minutes or until tender, and serve hot.

AMANITA CAESAREA, ROAST.

(*The Orange Amanita.*)

Remove peel and stems, but reserve the upper half of the stems. Rinse the mushrooms well in cold water, take them out and wipe dry on a cloth. Make a force meat with the upper part of the stems minced, bread crumbs, sweet herbs, garlic, pepper, salt and a little oil. Pack this upon the gills of the mushrooms. Put them on a pie plate in a hot oven and continue to baste them with oil. Cook fifteen minutes and serve.

BAKED BOLETI.

Select carefully, as the boleti are the prey of worms; cut off stems and pare with a sharp knife, (some

even recommend cutting off the pore surface; but this takes away from the flavor). Bake with butter, salad oil, pepper, salt and chopped herbs and bread crumbs, to which may be added some mince or anchovy or ham.

BOLETUS EDULIS ROAST WITH ONIONS.

As the onions take longer than the boleti, bake them first with butter, pepper and salt; when they begin to grow tender add the boleti and bake until tender.

LEPIOTA PROCERA BAKED. No I.

(Parasol Mushroom.)

Remove scales and stalks, place the caps in layers in a dish, placing a little butter on each; season with salt and pepper. Cover and bake twenty minutes or half an hour. Place on toast in a hot dish and pour sauce around them.

LEPIOTA PROCERA BAKED. No. II.

(Parasol Mushroom.)

Remove scales and stalks; do not wash the "parasols," as they are usually very clean; put some slices of toast on a well-buttered pie-plate, and with a little melted butter or cream poured over them, lay in the

mushrooms, sprinkle with salt and pepper, and a little minced parsley, which has been previously rubbed in onion or garlic; cover the dish with a plate and bake in a hot oven for twenty minutes.

LACTARIUS DELICIOSUS BAKED.

(Delicious Lactarius.)

This mushroom requires delicate cooking, too long or too rapid cooking makes it tough. One of the best methods is to bake gently three quarters of an hour in a covered dish, having seasoned with butter, pepper and salt. It may also be fried or cooked in a white sauce, and serve in the same dish, not taking off the cover until ready to serve.

MORCHELLA ESCULENTA STUFFED.

(Common Morel.)

Choose the whitest and freshest morels; open the stalks at the bottom; wash and wipe them well; fill with veal or chicken stuffing, anchovy, or any rich farce you choose, securing the ends and dressing between slices of bacon. Serve with sauce.

BAKED RUSSULA.

Wash, peel and pick over carefully, cut off the stems and save to chop up. Lay the caps on a buttered pie-

plate with gills up. Make a stuffing of chopped stems, bread crumbs, two slices of onions, a small pinch of herbs, a little lemon juice, two tablespoonfuls of melted butter or oil, pepper and salt to taste. Fill the caps and bake until tender, about twenty minutes.

BAKED TRICHOLOMA GAMBOSUS.

(*St. George's Mushroom.*)

Place some fresh made squares of toast on a dish and the agarics upon it; pepper, salt and a small piece of onion on each; then pour over each a tablespoonful of milk or cream, add a single clove to the whole dish, place an inverted basin over the whole, bake for twenty minutes, not removing the cover until ready to serve.

BAKED TRICHOLOMA PERSONATUM.

(*Blewit.*)

Cleanse and peel, cut off stems and lay the cap gills up on a baking dish, prepare a stuffing of chicken, veal or beef, fill the caps, cover the dish and bake for twenty minutes.

TRUFFLES À L'ITALIENNE.

Take ten truffles, cleanse and brush, cut in thin slices and put them in a baking dish; pour over them a pint of salad oil, or butter; pepper and salt to taste, a tablespoonful of minced parsley, a very little finely minced garlic, two blades of pounded mace and a tablespoonful of lemon juice; cover and bake until tender.

FRIED.

"The common growth of Mother Earth suffices me."

—WORDSWORTH.

FRIED BOLETI.

(*Conelike.*)

Peel the wooly cap, cut off the stems, cut in small pieces, dip in egg and cracker crumbs and fry in hot butter, seasoning to taste.

LYCOPERDON GIGANTEUM FRIED. No. I.

(*Giant Puff Ball.*)

Remove skin, discarding all that are yellow or streaked with yellow; all puff balls are edible in a fresh state; cut in slices half an inch thick, dip in beaten egg and cracker crumbs, or a batter if you prefer, and fry in hot butter with salt and pepper. Serve at once.

LYCOPERDON GIGANTEUM FRIED. No. II.

Prepare as above, dip in egg and cracker crumbs, sprinkle with chopped herbs and salt and pepper; brown nicely on both sides and serve immediately.

RUSSULA FRIED WITH BACON.

Cut four thin slices of bacon, fry crisp and lay upon a platter, then put into the bacon fat a quart of Russulas which have been peeled and carefully looked over; salt and pepper and fry tender. Serve on platter with bacon.

FISTULINA HEPATICA FRIED.

(*Beefsteak Mushroom.*)

Fry crisp some thin slices of bacon; lay them on a platter, then fry pieces of beefsteak mushroom as you would a real beefsteak until tender; season and serve with the bacon.

TRICHOLOMA GAMBOSUS FRIED. No. I.

(*St. George's Mushroom.*)

Put a lump of butter in the frying-pan with a sufficiency of gravy or milk and a little curry powder; fry for seven or eight minutes, then throw in the sliced agarics, fry gently for ten minutes and serve quickly on toast.

TRICHOLOMA GAMBOSUS FRIED. No. II.

(*St. George's Mushroom.*)

Cut the stems off close, sprinkle with salt and pepper, and place them in a frying-pan, gills up, in fat in which

bacon has been fried, or in default of bacon place a piece of butter on each cap. Then fry them until thoroughly done, when they will be soft all over, and appetizing in odor. Serve either with bacon or on toast.

MUSHROOMS FRIED WITH BACON.

Take some full-grown mushrooms, clean them well. Procure a few rashers of bacon, streaked with lean, and fry in the usual manner. When nearly done add a dozen or so of mushrooms, and fry them slowly until they are cooked. Season and serve hot.

LEPIOTA PROCERA BROILED.

(Parasol Mushroom.)

Remove scales and stalks, and boil lightly over a clear fire on both sides for a few minutes; arrange them on a dish, over fresh made toast; sprinkle with salt and pepper, and put a small piece of butter on each and set in the oven to melt the butter. Then serve quickly. Bacon toasted over the mushrooms is thought by some to improve the flavor, and saves butter. This method may be used in broiling any of the Agarics.

LYCOPERDON GIGANTEUM BROILED.

(Giant Puff-Ball.)

Peel and slice in half-inch slices, rejecting all that

are yellow or striped with yellow, broil on a wire broiler, first on one side and then on the other; lay on a hot dish, salt and pepper, and put a piece of butter on each slice; set in the oven a minute and serve at once.

TRICHOLOMA PERSONATUM BROILED.

(*Blewits.*)

These may be broiled like the Parasol mushroom, or cooked like any of the recipes given for the St. George mushroom.

THE FISTULINA HEPATICA BROILED.

Some like this broiled. Broil over a hot fire first on one side, then other; season, pour over melted butter and serve.

COTTAGER'S PROCERA PIE.

Cut fresh agarics in small pieces and cover the bottom of a pie dish. Pepper and salt, and place them on small shreds of fresh bacon, then put in a layer of mashed potatoes, and so fill the dish layer by layer with a cover of mashed potato for the crust; bake well for half an hour.

MUSHROOM PIE.

A very good mushroom pie is made in the following manner: Chop a quart of common mushrooms into small pieces; season with salt and pepper, add a pound of round steak chopped fine, and seasoned with a small piece of onion. If the steak is lean, add a small piece of suet or butter. Put chopped steak and mushrooms in a deep saucepan with a cover and stew slowly until tender. Make a crust as for beefsteak pie and put in deep dish, lightly browning the under crust before adding the stew, and cover with a crust lightly punctured.

SAUCE.

"Epicurean cooks.

Sharpen with cloyless sauce his appetite."

ANTONY AND CLEOPATRA, iii, 1.

LEPIOTA PROCERA SAUCE.

(Parasol Mushroom.)

Chop up about half a pint of these agarics, pepper and salt and add an ounce of butter rolled in flour. Put in a stew-pan over a slow fire for a few minutes; add half a pint of milk, or, better still, cream, boil gently, stirring all the while, until sufficiently thick and smooth. Pour around fowls or rabbits or any fricassee.

PLEUROTUS OSTREATUS SAUCE.

(Oyster Mushroom.)

A nice addition to a veal stew is to take some young, tender specimens of the oyster mushroom, chop up and stew in veal stock with salt and pepper. Pour over the veal and serve.

CREAM MUSHROOM SAUCE.

Make a cream sauce and add one cup of fresh common mushrooms chopped fine, or the same quantity of canned mushrooms; if the latter, just heat through, as long cooking toughens them; if the fresh mushrooms, cook in a double boiler for ten minutes. Stems chopped fine may be used for this sauce.

BROWN MUSHROOM SAUCE.

Make a brown sauce, add to it one pint of fresh common mushrooms, or canned mushrooms; if the first, simmer gently for fifteen minutes; if the latter, only five. Take from the fire and add wine if you use it. Some think a little mace or nutmeg an improvement, or a little Harvey sauce.

SALADS.

"Oh! herbaceous treat!

'Twould tempt the dying anchorite to eat."

—SYDNEY SMITH.

CLAVARIA SALAD.

(Coral Mushroom.)

Wash and pick over carefully, throw into boiling salted water, and cook until tender, then drain and cool. When cold mix with French dressing and serve.

FISTULINA HEPATICA SALAD.

(Beefsteak Mushroom.)

In Vienna the fresh young beefsteaks are cut in thin slices and eaten as a salad.

POLYPORUS SULPHUREUS SALAD.

(Sulphur Mushroom.)

Cook the young tender parts in boiling salted water until tender; cut up and serve on lettuce leaves with a mayonnaise dressing. This may be varied by add-

ing some slices of tomatoes, and peas or celery cut fine. This is a very delicious salad.

RUSSULA SALAD.

Wash and dry fresh young Russulas, serve on lettuce, either with French or mayonnaise dressing.

LEPIOTA PROCERA OMELETTE.

(Parasol Mushroom.)

Mince some young, fresh agarics; season with pepper and salt, add butter and set them in the oven while you whisk well the whites and yolks of six eggs; then put two ounces of butter in the frying pan, heat until it begins to brown; having again beaten the eggs, add three tablespoonfuls of the agarics, and a little milk; pour lightly into the boiling butter; stir one way, and fry on one side for only five or six minutes, drain from fat, roll up and down and serve quickly on a hot, well-covered dish.

MUSHROOM OMELETTE.

Make an omelette of the size desired, lay two tablespoonfuls of stewed mushrooms on it before serving, and serve with mushrooms around it.

MUSHROOM JELLY.

Take two pounds of mushrooms, put them in a stew-pan over the fire with a gill of strong consomme, squeeze in a few drops of lemon juice, add a little pepper and salt, unless the consomme is salt enough. Melt half an ounce of gelatine in a gill of water and strain it. When the mushrooms are quite soft, pass through a strainer, mix with the gelatine and pour the mixture into a mould, which has been rinsed with cold water. When set turn out and garnish with finely chopped aspec, and a few cherry tomatoes, if in the season.

MISCELLANEOUS.

*"The spirit of each dish, and zest of all,
Is what ingenious cooks the relish call,
For though the market sends in loads of food,
They are all tasteless, till that, makes them good."*

—KINGS COOKERY.

"TO DRESS A DISH OF FUNGEE."

(An early Seventeenth Century Receipt.)

Take them fresh gathered, and putt them betweene two dishes and sett them on a Chaifing Dish of Coles, and there lett them Stewe, but putt nothing to them in the first Stewing, for they will Yeald Liquor enough of them selves, and When the Water is Stewed out of them, putt a good quantity of Sallitt Oyle unto them and Stewe them therein. Wring in the joyce of one or two Leamons, or else putt in some Vinniger, and putt in a little Nutmegg, and two or three blades of Mace.

If your Lord or Lady Loves not Oyle, Stewe them with a little Sweete Butter and a little White Wine."

MUSHROOMS COOKED IN BUTTER.

(*A Russian Receipt.*)

Wipe the mushrooms clean and dip in flour. Heat a quantity of butter to a boiling temperature, in a saucepan, put in the mushrooms, seasoning with salt and pepper; shake the pan constantly over the fire. When the mushrooms are done add some cream to taste, and sprinkle with grated muscat nut.

MUSHROOMS AND TOMATOES.

Toast some slices of bread, cut them into round pieces two inches in diameter, and butter them. Peel some firm tomatoes, cut in thick slices and lay them on the toast. On top of each place a peeled mushroom. Put them in a dish that can go on the table, pour a little clarified butter over them, put them in a hot oven for five or eight minutes, baste well and serve.

LYCOPERDON GIGANTEUM WITH
TOMATOES.

(*Giant Puff Balls.*)

Peel and slice and cut in small pieces, fry in butter with a little salt and pepper; have ready a tomato sauce, butter a baking dish, put in a layer of the

cooked puff balls, then a layer of sauce, until the dish is full; sprinkle with bread crumbs and bake in hot oven.

DEVEILED MUSHROOMS.

Chop one quart of mushrooms, season with salt and pepper, and a little lemon juice; mix the yolks of two hard-boiled eggs, and two raw ones, stir in a pint of bread crumbs and a tablespoonful of butter. Fill baking-shells with the mixture, cover with bread crumbs and bits of butter. Bake a nice brown.

MUSHROOMS A LA BORDELAISE.

Choose some big, firm, fresh mushrooms; peel, wash and drain them; make one or two slits on the top side of the mushrooms. Soak for an hour and a half in fine oil; pepper and salt. Broil them, turning when half cooked, so that each side may be equally broiled. Warm the olive oil in which the mushrooms have been soaked. Season with finely chopped onion and parsley. Dish the mushrooms and sprinkle with a few drops of vinegar or lemon juice and pour the hot oil over them.

CAMELONS OF MUSHROOMS.

Peel and chop fine one-quarter pound of fresh mushrooms. Put them in a saucepan with a tablespoonful of butter and ten drops of lemon juice. Cover closely and simmer for ten minutes; add one-quarter of a teaspoonful of salt, a dash of cayenne, and one-half a cupful of good beef stock and simmer for twenty minutes. Add one-half tablespoonful of flour, blended with a little cold water, boil a minute, take from the fire and add the yolks of three well-beaten eggs, and one teaspoonful of chopped parsley. Take from the fire long enough to cool. When cold, roll some puff paste very thin, cut in pieces four by six inches, lay on each a spoonful of mushroom mixture, moisten the edges of the paste with the white of egg and roll up like cigars, pinch the ends carefully together. Dip in beaten egg, roll in fine bread crumbs and fry a nice brown in hot fat.

MUSHROOM BASKETS.

Make some puff paste; roll it out very thin; line some small, suitably shaped moulds; fill the center with uncooked rice or flour to keep the shape while baking; cut some strips of paste, twist them and bend them for handles, bake to a pale brown.

When the cases are done, empty out the rice, remove from the moulds and fill with the following mixture:

Chop as many fresh or canned mushrooms as you need with a small piece of onion, squeeze to them the juice and pulp of a large tomato, put them in a stew-pan with a tablespoonful of butter, and one of thick, white sauce. Stir until the consistency to eat with a fork, squeeze a few drops of lemon on top, put on the handles and garnish with parsley and serve.

BROILED MUSHROOMS ON TOAST.

Procure enough large, fresh mushrooms, pare and cut off the lower part of the stalks, wash carefully, drain on a cloth and season with salt and pepper. Broil over a double gridiron over a brisk fire, basting with oil; dish up on thin bread toast, pour melted butter over and serve immediately.

FRESH MUSHROOMS À L'ITALIENNE.

Have two pounds of nice, fresh mushrooms; pare, cut off lower stalks, wash well and drain; chop the stalks fine, press the water out; heat four ounces of sweet oil in a large frying pan, throw the mushroom heads into it, season with salt and pepper, and fry

briskly for about ten minutes, then with a skimmer transfer them to small pieces of dry toast placed on a dish; put the chopped stalks into the frying-pan for a few minutes, season, and add chopped parsley and lemon juice; pour this over the mushrooms and serve.

SWEET-BREAD AND MUSHROOM RAGOUT.

Put in the chafing-dish two tablespoonfuls of butter; when melted, two tablespoonfuls of flour, stirring constantly. Season with salt and pepper; add a cup of cream, a cold-dressed sweet-bread, and a dozen mushrooms, cut into small dice. Let all simmer together for about ten minutes, stirring often.

MUSHROOM STEMS STEWED.

Take the stems of mushrooms, where the caps have been used, wash and drain and put them over the fire with a heaping spoonful of butter for each pint of stems, roll it in flour and put in stew-pan with the stems, and salt and pepper to taste; add milk or cream and serve on delicate slices of toast. The stems may be used for sauce.

PUFF BALLS WITH STEAK.

Peel and cut the puff balls in small pieces, then put in a saucepan a tablespoonful of butter or olive oil; toss them about until slightly browned, then add one-half a pint of beef juice or strong soup stock, salt and pepper and a tablespoonful of browned flour rubbed smooth in a little beef stock. Stir constantly until it thickens, then add a wineglassful of port wine. Pour over some freshly broiled steak and serve at once.

BEEFSTEAK WITH MUSHROOMS.

Procure a tender round steak, cut it in small pieces and brown these in butter in the frying-pan; add a pint of mushrooms, a little water, salt and pepper and stew until tender. Thicken with a little flour smoothed in beef stock or water. If liked, a little onion or parsley may be used.

CURRIED MUSHROOMS.

Stew a quart of button mushrooms for about twenty minutes in enough good stock to cover them well, add a tablespoonful of butter, thicken with a teaspoonful of curry powder and a tablespoonful of flour; boil slowly for ten minutes longer and just before taking from the fire add half a cupful of cream; serve hot on a hot dish with slices of toast.

LOBSTER AND MUSHROOMS.

One pound of lobster cut into dice. Take a tablespoon of butter; when melted, add a tablespoonful of flour, but do not brown, mix smooth; to this add a half pint of milk and stir constantly until it boils; add to this a pint of mushrooms chopped fine, salt, pepper and the lobster; stir until cooked. Serve in cases.

RICE AND MUSHROOM CROQUETTES.

Open a can of mushrooms (the French Champignons) several hours before you make the croquettes; drain off the liquor, stew them for ten minutes in mutton or chicken stock, drain again and chop. Save the soup-stock and cook in it half a dozen tablespoonfuls of rice. The rice will soak the broth, unless there is more than necessary. Add the soft rice to the chopped mushrooms, two teaspoonfuls of melted butter and the beaten yolks of two eggs, and season with pepper and salt. When the paste is thoroughly cold flour your hands and make into croquettes. Roll these in egg and cracker dust, and set them several hours in the ice-chest before frying in deep fat.

*"An exquisite poignant sauce,
For which I say unto my cook,
There's gold. Go forth and be a knight."*

—B. JONSON.

AGARICUS CAMPESTRIS KETCHUP. No. I.

(Common Mushroom.)

Any of the agarics may be used for this ketchup. Place them, as large size as you procure, but not worm-eaten, layer by layer in a deep pan, sprinkling each layer with a little salt. The next day stir them well several times to extract the juice. On the third day strain off the liquor, measure, and boil for ten minutes, then to every pint of liquor add half an ounce of black pepper, a quarter of an ounce of bruised ginger root, a blade of mace, a clove or two, and a teaspoonful of mustard seed. Boil again for half an hour; put in two or three bay leaves, and set aside till quite cold. Pass through a sieve, and bottle; cork well and dip the ends in sealing wax. A very little Chili vinegar is an improvement, and some add a glass of port wine, or a glass of strong ale to every bottle. Care should be taken that the spice is not so strong as to overpower the true flavor of the agaric. A careful cook will always keep out a little of the simple liquor to guard against this mistake.

MUSHROOM KETCHUP. No. II.

Take freshly gathered mushrooms and examine them carefully to see they are all right. Wipe, but do not wash. Put a layer of mushrooms in the bottom of an earthen dish, sprinkle with a little salt, then another layer of the mushrooms, and another layer of salt and so on until the jar is full; cover with a folded towel, stand in a warm place for twenty-four hours, then mash and strain through a coarse bag. To every quart of liquor, add one ounce of pepper corns, and boil slowly in a porcelain-lined kettle for thirty minutes; then add a quarter ounce of whole allspice, a half ounce of sliced ginger-root, one dozen whole cloves, and three blades of mace. Boil fifteen minutes or longer. Take from the fire and stand in a cool place. When cold strain through flannel and put in small bottles, filling to the very top; cork lightly and dip in sealing wax.

TO PICKLE MUSHROOMS. No. I.

Select a number of small sound agarics, as nearly alike in size as possible. Throw into cold water for a few minutes, then drain, cut off the stalks and peel. Then boil the vinegar, adding to each quart two ounces of salt, a half of a nutmeg grated, a drachm of mace, and an ounce of white peppercorns. Put the mush-

rooms into the vinegar for ten minutes over the fire, then pour the whole into small jars, taking care that the spices are equally divided; stand a day, and then cover.

TO PICKLE MUSHROOMS. No. II.

Sufficient vinegar to cover the mushrooms, to each quart, add two blades of mace, one ounce of ground pepper, and salt to taste. Choose nice, young button mushrooms, rub off the skin with a piece of flannel and salt, cut off stalks. Put them in a stew-pan, sprinkle the salt over them with the pounded mace, and pepper in the above proportion; shake them well over a clear fire until the liquor flows, keep them there until the liquor dries, then add vinegar to cover and let them come to a boil. Store away in stone jars or in Mason jars, if you prefer.

MARASMIUS OREADES PICKLES.

(Fairy Ring Champignon.)

Collect fresh buttons of the Fairy Ring and use them at once. Cut off the stems quite close, throwing each one into a basin of salted water. Drain them from it quickly afterwards and lay them on a soft cloth to dry. For each quart take nearly a quart of

pale white wine vinegar, add to it a heaping teaspoonful of salt, half an ounce of whole pepper, an ounce of ginger bruised, two large blades of mace, a fourth of a spoonful of cayenne tied in a piece of muslin. When the pickle boils through in the Fairy Rings, and boil them in it over a clear fire moderately fast, from six to nine minutes. When tolerably tender, put them into warm, wide-mouthed bottles, dividing the spice equally among them. When cold cork well and stand in a dry place, out of frost.

*"Pray take them, Sir—enough's a feast;
Eat some and pocket up the rest."*

DRIED AGARICS.

Wipe the mushrooms clean, peel off the skin, and lay on shallow baking-pans, which have been covered with white paper; only put on a single layer of the mushrooms, stand in a cool oven to dry. When dry and shriveled, take them out, put them in paper bags, and hang in a cool, dry place. When wanted for use, put them in cold water or milk and bring slowly to simmer. In this way they will regain almost their natural size and flavor.

DRIED BOLETI.

These are among the most common of the dried fungi. Place on a stout twine leaving space between for the circulation of air. Some people cut in slices before putting on the twine. If convenient they can be dried artificially by placing in a not too hot oven. Dried either way they may be kept all winter. Before using they should be soaked in milk or water. They make a good filling for pies or may be used in soups or gravy.

DRIED CHANTARELLES.

Chantarelles are admirably adapted for drying, and should be dried in the same manner as the *Marasmius Oreades*, unless they are very large, when they should be cut in half in order to facilitate drying. The Italians both dry and pickle the chantarelle.

DRIED HYDUMN.

(*Hedgehog Mushroom.*)

They should be cut in slices, as the whole specimen if large is apt to decay, if dried slowly.

TRICHOLOMA GAMBOSUS DRIED.

(*St. George Mushroom.*)

This mushroom is recommended by some for drying.

DRIED MARASMIUS OREADES.

(*Fairy Ring Mushroom.*)

These can be strung on a line by passing a twine through a hole in the stems and suspending them in kitchen until dry. They have so little water in their composition that they will dry readily without a tendency to decay, and the flavor is hardly equaled by another. Those I have tried when soaked in cold water have regained their natural size and almost their natural flavor.

CHAMPIGNON POWDER.

(*Fairy Ring Champignon.*)

Champignon Powder is good for winter use. Put the Fairy Rings into a stew-pan with a little mace, a few cloves, and a sprinkling of white pepper. Simmer and shake constantly to prevent burning, until the liquor that may exude is dried up again. Dry thoroughly in a warm oven until they will easily powder. Put the dried fungi, or the powder, into wide-mouthed bottles, and store in a dry place.

TO POT MUSHROOMS.

(*Marasmius Oreades.*)

The small open mushrooms suit best for potting. Trim and rub off the skins; put into a stew-pan a quart of mushrooms, three ounces of butter, two teaspoonfuls of salt, a half teaspoonful of cayenne and mace mixed. Stew for ten or fifteen minutes or until the mushrooms are tender, then take them carefully out and drain them on a sloping dish, and when cold press them into small pots and pour clarified butter over them, in which state they will keep for several weeks. Writing paper over the butter and melted suet over that will effectually preserve them for a long time in a dry, cool place.

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