



Golden Chanterelles

A highly sought-after gourmet wild mushroom that appears for a season in summer. Its distinctive apricot smell is a pleasure, and its unique flavor is a favorite of chefs.

Below you will find a few recipe suggestions to help you get started. As with any new food, it is wise to only sample a small amount your first time, then wait 24 hours to make certain it agrees with you and that you have no allergy. We recommend that you sample just one mushroom to begin with. Here is the perfect way to experience its true flavor. Wash it gently, if needed. Slice it into bite size pieces, and sauté in butter for about 3 minutes on med-low heat until the mushroom has released its water and is fully softened. You do not want it to become browned or crunchy at all. Remove from the butter and enjoy!

The unique flavor of this mushroom is best released by butter rather than cooking oils. It has a delicate, sweet flavor that could be overpowered by strong sauces like tomato. It is excellent in cream-based sauces, and pairs well with seafood. Two of our personal favorites are Chanterelle & Chive omelets or Chanterelles & green beans. (Recipes on our website)

Baked Chicken with Chanterelles & Cream

Serves 4 as a main course

2 Tbs. butter	Fresh Chanterelles, sliced if large
2 Tbs. lemon juice	2 Tbp. Shallots or green onions chopped
1 Tbs. fresh marjoram	1/2 cup heavy cream
1/4 C. cooking sherry or white wine	
2 1/2 Lbs. skinless chicken diced	Salt and pepper to taste

Melt the butter in a sauté pan or skillet and add the chanterelles, lemon juice, shallots, and sherry or white wine. Cook over low heat for 10 minutes. Add the cream and cook 5 minutes more. Season the chicken lightly with salt and pepper. Place the chicken in a shallow ovenproof dish. Pour the sauce over the chicken and cook for 30 to 45 minutes in a preheated 350° oven or until the chicken is done. Baste occasionally with the pan juices. Adjust the seasoning to taste.

Pasta with Chanterelles

1 Lb. medium shell pasta	Sea salt
1 Tbs. unsalted butter	1 Tbs. extra virgin olive oil
1 clove garlic, thinly sliced	Freshly ground pepper
1 pint chanterelle mushrooms, cleaned, halved if large	
1/3 cup roughly chopped fresh flat leaf parsley (or to taste)	
Freshly grated Parmesan cheese, for serving	

Cook the pasta according to package directions at set aside. In a large saucepan over high heat, melt butter with olive oil. Add garlic and cook, stirring frequently, about 1 minute. Add chanterelles and season with salt and pepper. Cook over med.-low heat until tender, about 2 to 3 minutes. Stir in parsley. Taste and adjust for seasoning. Add drained pasta, and toss to combine. Serve with grated Parmesan. Tip: shrimp, crab, or lobster would make a great addition!



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