Recipes for BMC from Chad Hyatt’s Presentation November 1st, 2020
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Black Trumpet Jam (makes about 3 cups)
This recipe is based loosely on a caramelized onion and bacon jam that I have used in several restaurants. It goes great as a burger topping, a garnish for cheeses, or a simple dip for crackers. The trumpets make the jam a deep black color, and their earthy flavor dominates, while the fennel remains in the background. If you really don’t like fennel, you could use a second onion and omit the fennel bulb.

1 onion, peeled, halved and cut into thin slices
1 fennel bulb, halved, cored, and cut into thin slices
1 tsp neutral flavored oil
1 lb fresh black trumpets (or 2 oz dried, and reconstituted), cleaned
2 tsp salt
135g (¾ cup) light brown sugar
¼ cup sherry or apple cider vinegar

1. Heat a large, heavy-bottomed pan on a medium-low flame. When hot, add the oil, add the onion and fennel, and cook, stirring regularly, until they are well browned. Be careful not to burn.
2. Add the black trumpets, and cook, stirring to mix in well with the fennel and onions. When the water released by the trumpets has reduced by about 75%, add in the salt, brown sugar, and sherry vinegar. If using dried, reconstituted mushrooms, add the soaking liquid. Continue cooking, stirring regularly, until only a small amount of liquid is left to coat the bottom of the pan.
3. Remove from the heat, and immediately pulse with a hand blender or food processor until the jam is almost smooth, but still has a little texture. After cooling, the jam will keep well covered in the fridge for many weeks.
**Vegan Cream of Mushroom Soup (makes about 2 quarts of soup)**

Cream of mushroom soup should be a luxurious treat when you have a lot of fresh mushrooms on hand and want the mushrooms as a comforting center of attention. This simple, updated vegan version will pleasantly surprise you with deep mushroom flavor, aroma, and rich, creamy mouthfeel. It will be some shade of buff tan or brown, not white, because the soup is mainly mushrooms. For a sinfully rich dairy version, cook the mushrooms with butter instead of oil and substitute heavy cream for the extra virgin olive oil. Turn this into a decadent sauce for pasta, chicken, or fish by reducing the water a bit more before blending.

2 lbs chanterelles (or any favorite mushrooms), cleaned and cut into ½" pieces  
¼ cup white wine, sherry, or brandy  
2 quarts (8 cups) water  
Leaves from 6 sprigs of thyme  
Oil for cooking  
½ cup extra virgin olive oil to finish

1. Sauté the mushrooms with the oil. Cook until lightly and evenly browned, and season with salt. Do not crowd the pan when doing the initial sauté. If necessary, cook the mushrooms in batches and when the last batch is browned, combine them all back into the pan.

2. Pour the brandy into the pan and scrape up the stuck on browned bits. When the brandy has almost completely reduced away, pour in the water, and bring up to a simmer. Add the thyme, a pinch of salt, and continue cooking until the liquid has reduced by about a quarter.

3. Carefully transfer the contents of the pan and the lemon zest to a blender, and blend for a couple of minutes on high speed to get the purée very smooth. Note: Be careful when blending hot liquids to start on the lowest blending setting before gradually increasing speed. Starting at high speed will make the hot liquid explode out of the blender, which can cause serious burns and make a huge mess.

4. When the purée is very smooth, with the blender still running, slowly drizzle in all of the olive oil a little at a time to emulsify. When all of the olive oil is incorporated, taste the soup and adjust seasoning if necessary.
**Ceviche**

Ceviche is a dish in which a very fresh fish is diced up and marinated in an acidic liquid — usually citrus juice. The acid “cooks” the fish, and it is served cold, never exposed to heat. The details of the technique, the specific ingredients used in the marinade, and the garnishes for serving differ a bit from one culture, and even one kitchen, to the next. A number of Latin American cultures have versions of ceviche, but in my not-so-humble opinion, the best comes from Peru. Not so coincidentally, this recipe adapts the classic Peruvian ceviche technique to mushrooms.

Pay attention to the details — everything is done a certain way for a reason. The flavors and textures won’t balance out nearly as well if things aren’t done in the right order and at the right time. Peruvian ceviche is deceptively simple compared to some others. In its purest form, it contains only fresh fish, salt, onion, lime juice, and usually, chiles. In Peru, key limes are used, but the standard limes you find all over the USA work well. Most people these days add cilantro to the mix, but that’s about it. The traditional Peruvian chiles are very difficult, if not impossible, to find in much of North America, but serranos work great. If you like a lot of heat, this is a great dish to use a habanero. Peruvians typically garnish ceviche with boiled sweet potato and “Choclo” corn (also called “Cuzco” corn). This extremely large-kernelled corn is very chewy and starchy, and not at all sweet. The typical American sweet corn is not a good substitute, and since Choclo corn is not available in most places in the United States, it’s better to leave the corn out of this recipe. The starchy garnishes help balance out the sour lime juice and mellow the burn of the chile, and a little extra sweet potato, in lieu of the corn, still does a great job.

Raw mushrooms of any species do not work well for this recipe. In traditional ceviche, the lime juice (or other acidic liquid) “cooks” fish by denaturing the proteins the same way as would occur with heat. Most of the structure of mushrooms is provided by chitin, not by proteins. Acid will not “cook” the chitin, and thus will not change the texture of raw mushrooms. Therefore, regardless of what mushrooms you choose to use, cut up and boil them first, for at least three minutes to make sure that you get a comparable transformation. After boiling, drain the mushrooms, rinse in cold water, and keep cold in the fridge until ready to use. The end result will not be nearly as good if you assemble the ceviche using raw mushrooms.

(SERVES 4)

1 lb mushrooms, cleaned and sliced in 1/4” thick strips
3 limes (or 5 key limes), juice only
1 serrano chile, diced very small (do NOT remove the membrane or seeds)
¼ small red onion
5 or 6 cilantro sprigs, about 25 leaves
1 sweet potato peeled and cut into ½” dice
Salt TT

1. Fill a medium-sized pot about ¾ of the way with water. Bring to a boil on a high flame and then add a good pinch of salt. Add the mushrooms, let the water return to a boil, and boil for 5 minutes. Strain and cool the mushrooms.
2. Place the diced sweet potato in a small pot, cover with cold water, and add a generous pinch of salt. Bring to a boil on a high flame, then reduce to simmer. As soon as the sweet potatoes are cooked (only a few minutes), drain and cool down. Do not overcook. They should hold their shape and not fall apart when handled. The sweet potatoes need to be cold when serving, so after cooking, store in the fridge until ready to use.
3. Slice the red onion as thinly as possible into ¼" long strips. Place these in a small container and cover with ice water. Store in the fridge until ready to use. 
   Note: Soaking the onions in ice water helps remove a bit of the harshness from the flavor, and also crisps them up, so every bite will have that little crunch.
4. About 30 minutes before serving, mix the mushrooms with the lime juice, serrano and a generous pinch of salt. Store in the fridge until ready to serve.
5. When ready to serve, stack up the cilantro leaves neatly in piles of 4 or 5 leaves, and slice as thinly as possible. You want paper-thin ribbons. Drain the red onions well, and then add them and the cilantro to the marinating mushroom mixture. Check the seasoning, and add more salt if necessary.
6. To serve, arrange some of the cooked sweet potatoes on the plate and neatly spoon the mushroom ceviche on top. Make sure to divide up any remaining liquid over each of the portions.
Candied Mushrooms

Candying preserves the unique, distinctive flavors and aromas of most mushrooms, while opening up all kinds of creative, sweet possibilities. Candying also helps consolidate a large pile of mushrooms into a manageable size for easy long-term storage in the freezer, making it a favorite preservation method in my house. This ratio of sugar to mushrooms has worked well for me for various almondy Agaricus, chanterelles, and others. Unless a recipe specifically calls out a different ratio, I suggest using this as a starting point. You can add more sugar if you want things sweeter. Matsutake require a ratio closer to 1 lb of mushrooms to 1 lb of sugar. They keep in the freezer for years. Stored well-covered in the fridge, they will keep for weeks, if not months. As long as there is no mold, the high sugar content is enough to keep away any other microscopic pests.

You can infuse an infinite number of flavors into mild-flavored mushrooms when candying. Add anything you like, from spices to fresh herbs to citrus juice and peels to the cooking liquid. You can even substitute fruit juices, sodas, and liqueurs for the water (adjust sugar accordingly). Mild flavored, slimy textured mushrooms, like small waxy caps, make a really cool and exotic dessert garnish when candied and left whole. You can also dehydrate candied jelly-textured mushrooms like witch’s butter and cat’s tongue (Pseudohydnnum gelatinosum) to make a gummy bear-like treat.

450g (about 1 lb) of mushrooms, cleaned and cut to desired size (or left whole, if small)
300g granulated sugar
Water to cover

1. Put the mushrooms and sugar in a heavy-bottomed pot that fits them somewhat snuggly. Add enough water to cover the mushrooms. Bring them up to a boil, then lower the heat to simmer gently, uncovered. The mushrooms usually release a lot of water as they start cooking, so they will be swimming in liquid for a while.
2. Keep simmering until the liquid reduces down far enough that it starts to thicken up to a maple syrup consistency. Remove from heat and let cool to room temperature. Mushrooms can be left in pieces, or puréed before storage. Store in sealed containers in the fridge or freezer.