

## Lobster Butter

(Compound Butter - use your favourite mushroom)

- 1 cup butter softened
- 1 medium shallot minced
- 3/4 cup Lobster Mushrooms diced small
- 1 teaspoon thyme
- 1 tsp fine chopped parsley
- 1/2 teaspoon white pepper
- 1/2 teaspoon flaked sea salt (ground)

### Instructions:

1. Put about three tablespoons of your 1 cup of butter in a cast iron skillet over a medium flame until it begins to foam. Immediately reduce the heat to medium-low and add 1 minced shallot to the hot fat.
2. When the minced shallots have released their fragrance, have turned translucent and their edges begin to caramelize, empty your bowl of minced wild mushrooms into skillet quickly and all at once so that the mushrooms sizzle in the pan.
3. Stir the mushrooms with a wooden spoon to promote even cooking, scraping any bits that happen to adhere to the bottom of your skillet.
4. Sprinkle about 1 teaspoon fresh thyme leaves over your mushrooms and continue to cook for a minute or two.
5. Turn off the heat, and allow the seasoned butter, mushrooms, shallots and thyme to cool for about ten minutes.
6. While the mushrooms rest and cool, beat the remaining butter until soft, smooth and easily manageable.
7. Spoon the seasoned fat, mushrooms, shallots and thyme into the remaining butter and fold them together until the seasonings are well-incorporated into the fat. Use a stand mixer with a paddle attachment for greatest efficiency, but if you don't have one, a mixing bowl and rubber spatula should suffice.
8. Stir the white pepper and sea salt into the butter as you gently fold the ingredients together.
9. Mold the compound butter gently over waxed paper, rolling it into a log.
10. Place it in the fridge and use it within a month or two.

*Recipe by Bruce Worden C.C.C.*

# Wild Mushroom Cassoulet

- 500 gr wild mushrooms chanterelles, lobster, etc.
- 50 gr Butter
- 2 Shallots finely chopped
- 100 ml 35% cream
- 400 gr Tin of white cannellini beans drained and rinsed ( or cooked from dry)
- 200 ml vegetable stock
- 250 ml Dry White Wine
- 1 tsp sherry vinegar
- 100 gr gruyere
- 50 gr toasted bread crumbs
- 2 Garlic Clove finely chopped
- 50 ml olive oil
- Ground Pepper
- Sea Salt
- 10 gr Flat leaf parsley finely chopped

## Instructions:

1. Put 10 mls of olive oil and 20 gr of butter in a hot frying pan.
2. When the butter is turning brown, add each type of mushroom separately and sauté each type for approximately 5 minutes. Alternatively you can roast the mushrooms on a tray in olive oil for about 7 minutes all together.
3. Put the cooked mushrooms together in a bowl and set aside.
4. Wipe clean the pan, add some olive oil and gently fry the chopped shallot and chopped garlic, being careful not to burn the garlic or the finished dish will be bitter.
5. When the shallots are translucent, add white wine and simmer until reduced by half.
6. Add the stock and simmer again to reduce by half.
7. When the liquid has reduced down, add the beans and cook gently for 4 minutes. (Precooked or canned)
8. Add the mushrooms, pour in the double cream and simmer very gently until the sauce thickens slightly.
9. Season to taste with black pepper and sea salt.
10. Finish with a dash of sherry vinegar, chopped parsley and swirl in 1 tbsp of cold butter to bring together for plating.
11. Sprinkle with toasted crumbs and shredded gruyere.

*Recipe by Bruce Worden C.C.C.*

## Mushroom Benedicts

- 4 poached eggs
- 500 gr wild mushrooms
- 3-4 garlic cloves
- 1 tsp pepper flakes
- 2 oz 35% cream (alt milk if desired)
- 2 oz gruyere cheese (alt cheese if desired)
  
- 1 tbsp flour
- 1 tsp thyme
- 2 tbsp butter
- Juice of ½ lemon
- Salt and pepper to taste
- Chopped parsley for serving
- 4 slices bread of your choice

### Instructions:

1. Heat a large frying pan over high heat then add a tablespoon or two of olive oil.
2. Fry the mushrooms in batches, until well-browned all over.
3. Add all the mushrooms back to the pan with their juice and add the garlic, herbs and chili flakes.
4. Cooked for 1-2 minutes. Add flour and stir until juice is absorbed.
5. Add the cream and lemon juice and stir well. Once boiled stir and once combined simmer for 1 minute then add cold butter to provide sheen.
6. Season to taste.
7. Serve the creamy mushrooms on toast, top with shredded cheese.
8. Place poached eggs on top then pour remaining sauce over the eggs.
9. Garnish with fresh chopped parsley.

*Recipe by Bruce Worden C.C.C.*

## **Fish Tacos** (Lions Mane)

- 1 1/2 cups cake flour
- 2 tablespoons paprika
- 2 teaspoons black pepper
- Kosher salt
- 3/4 cup mayonnaise
- 2 tablespoons sriracha or other chili sauce
- 1 pound hericium
- 10 corn tortillas, warmed
- 1 small head of cabbage, finely shredded
- 1/2 cup finely chopped fresh cilantro
- 2 limes, cut into wedges

### Instructions:

1. Combine flour, paprika, black pepper, and salt and whisk to combine. Dredge hericium to coat well. Heat oil in pan to below smoke point and with a weight press down mushroom in pan to crisp and force moisture out, then let mushroom to reabsorb moisture. Set aside.
2. Combine mayonnaise and hot sauce in a medium bowl and whisk until homogenous. Set aside for garnish.
3. Divide tortillas into 8 double stacks. Top each with shredded cabbage, spread crisp mushrooms along the taco, top with pickled red onions, chili mayo, and cilantro. Serve with lime wedges.

*Recipe by Bruce Worden C.C.C.*