



## 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.*

### COOKING WITH CHANTERELLES

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 at time of cooking, if needed. Slice into 1-2" size pieces, and sauté in butter on low heat for about 5 minutes until the mushroom is fully softened. (It will release its water and then evaporate.) You do not want it to become browned or crunchy. Remove from the butter, salt to taste, 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. Chanterelle & Chive omelets are great, too.*

**STORING:** Do NOT put this one in the refrigerator. Keep it in the paper bag in a very cool place and use a.s.a.p.

### 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, leeks or garlic, 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 your tastes.

### 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	
1/4 cup roughly chopped fresh flat leaf parsley (or to taste)	
1/4 cup fresh Thyme	
Freshly grated Parmesan cheese, for serving	

Cook the pasta according to package directions at set aside. In a large saucepan over med-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 high heat until tender, about 2 to 5 minutes. Stir in parsley. Taste and adjust for seasoning. Add drained pasta and Thyme, then toss to combine. Serve with grated Parmesan and top with a sprinkle of the fresh herbs.

*Tips: Shrimp, crab, or lobster would make a great addition! Also, try experimenting with other fresh herbs, or add a splash of white wine with the parsley.*

**Look for more Chanterelle recipes on our website. We recommend "Chanterelle Green Beans" highly!**  
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