

Three Basic Morel Recipes

There's a ritual in the Nauman household for cooking morels and it's actually three recipes that may be used in succession. The first two are pretty basic and most mushroom hunters learned them, or a variation, a long time ago.

Fried (Sauteéd) Morels

•8 oz. morels •1/2 cup of butter •1/2 oz. of crushed garlic (optional)

Melt 1/4 cup of butter in a large skillet on medium heat. Add morels. Let morels brown slightly on one side. Turn them over and repeat for the other side. Add butter as needed. This should take three to five minutes per side depending on the heat. They are ready to consume.

Breaded Morels

•8 oz. of morels •1/2 cup of butter •1/2 cup milk •1/8 cup flour

Melt 1/2 cup of butter in a large skillet on medium heat. Take fresh morels and dip them in a bowl of milk. Then dip them in a bowl of flour. We like to shake the morels in a baggie of flour. (It's not quite as messy.) Then place the morels in the frying pan and cook them as in recipe one except they will take a little longer to cook. (Roughly an extra minute or two per side.) For thicker breading, use more flour. A variation of this recipe uses an egg/milk mixture and cracker crumbs instead of flour.

An interesting variation for breaded morels: "Lightly dust the morels with flour and fry them in butter." For lightly dusted morels, don't dip them in milk.

Grandpa Roy's Morel Gravy on Toast

•8 oz. of morels •1/2 cup of butter •1-1/2 cups milk •1/8 cup flour

This third recipe was Grandpa Roy's favorite. You may begin immediately after recipe two or one and it's a real treat. Use the same skillet and butter. Remember to add butter as needed.

Cut or chop the morels into pieces roughly one-half to three quarters of an inch in size, dip them in milk/ flour as in previous recipe, and place them in the skillet. Let the pieces cook for a minute or two then add remainder of flour and milk. Stir the mixture and add more flour or milk as needed to get the consistency of gravy. While the morels finish cooking place some bread in the toaster. Serve the morels and gravy over the toast. You won't be disappointed

If using rehydrated morels, strain the water you used to rehydrated them in and add after the morels have started to cook. Reduce milk to only 1/2 cup.

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