

Spring 2020

Spore Print



Alberta Mycological Society

Feature Mushroom: *Leccinum insigne*

Leccinum insigne, commonly known as the aspen bolete or the aspen scaber stalk, is a species of bolete fungus in the family Boletaceae.

There have been documented cases of adverse reactions, ranging from headaches to gastrointestinal distress, which may or may not be attributed to food sensitivities alone. Despite this, *Leccinum insigne* is considered edible.

The specific epithet *insigne* means "distinctive or outstanding".

Sourced 7/16/2020 from Wikipedia <https://en.wikipedia.org/wiki/>

Taxonomy:

Kingdom: Fungi

Division: Basidiomycota

Class: Agaricomycetes

Order: Boletales

Family: Boletaceae

Genus: *Leccinum*

Species: *L. insigne*

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Edibility: Good

Growing Season: June—Sept

Cap: Convex, dry

Stalk: Thick, enlarge to base, with short brown scabers

Spore Print: Yellow-Brown

We have a new website!

Join us at: <https://www.albertamushrooms.ca>

The website includes featured mushrooms, blog, member log in and resources and much more!



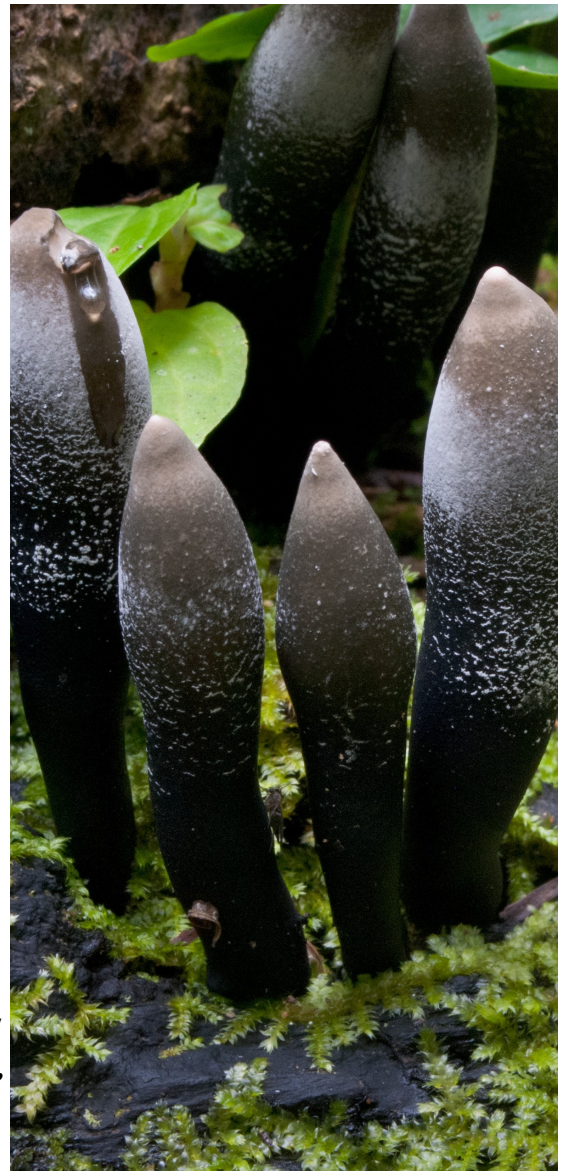


Current Board

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- Vacant - Director at Large

“Fungi are the interface organisms between life and death.”

— Paul Stamets



Volunteer!

If you are interested in mycology, particularly leading forays please email our board for further information about volunteering opportunities: amsdirectors@albertamushrooms.ca



Word Search

Created with TheTeachersCorner.net Word Search Maker

Myriad Mycena - specific epithets

Words may be written forwards, backwards, diagonally, upwards or downwards.

C G B D H A T A L U C A M V S I L I T I V C V D E
 L L U Z S N E D N E C S A X X O F G U S O Q D F L
 A V A A L A H P E C O T P E L U X S S M G E T L E
 V Y E C K I M U E N F A K L P V O Q S U P O L A G
 A F R U T L H U J U C L A V I C U L A R I S V V P
 T H I D A E S U H B N L E U C O G A L A W V H O O
 A E E N T G A B P J R D X J N K F S I N O D A A L
 R C P S A N G U I N O L E N T A U O C Q A S S L Y
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 A T M J I H A R F U L G D C I R Q K I Y I T E A R
 L A E X L C T A N A I N O S R A E P X H R A D E A
 L N G M C R J T I R O R I D A X L E O H S B A T M
 E I A A N A U T D A N A I R E N E U K E S O A G M
 R G S L I R N K V C F S E P I M U L P O B L C A A
 E R P U R P C M C F I L O P E S Q I E V U Y E R M
 N A O C J R I V T R I S T I S X R K T C Y T P O R
 I M R I X N C H L O R A N T H A Q I I D F S I S O
 C O A C C U O H N J J L W B L P Z R E C F O P E S
 Y E Y A E U L A Z J L G C L P Y E A N R Y J T A E
 L C C D T B A P C V O A I M D L B V I O A B E X L
 O A H L H A E M A T O P U S A L T M U C T T R D L
 X V I X B X Q V R B A J M G A X P J T A I E Y J A
 O I U U L D D L Z C P L W Y I H I I C T C M G J U
 K L N B D V B I R B E L L I A E Z N E A D G I K Z
 J O O D J S P L N Y B Z H P U R A S P M F I A P I

ACICULA
 ARCHANGELIANA
 CHLORANTHA
 CROCATA
 GALERICULATA
 JUNCICOLA
 LEUCOGALA
 PEARSONIANA
 RORIDA
 SPIREIA

ADONIS
 ASCENDENS
 CINERELLA
 EPIPTERYGIA
 GALOPUS
 KUENERIANA
 MACULATA
 PLUMIPES
 ROSEA
 STYLOBATES

AETITES
 BELLIAE
 CLAVATA
 FILOPES
 HAEMATOPUS
 LACTEA
 MEGASPORA
 POLYGRAMMA
 ROSELLA
 TRISTIS

ALBA
 CAPILLARIPES
 CLAVICULARIS
 FLAVOALBA
 INCLINATA
 LEPTOCEPHALA
 OLIVACEOMARGINATA
 PURA
 SANGUIOLENTA
 VITILIS



Calendar of Events

Date - Event - Area

August 5—Foray—Red Deer

August 8—Foray—Edmonton

August 26—Foray—Red Deer

September 13—Foray—Waskasoo

TBD — Virtual GAMF—All

<https://www.albertamushrooms.ca/events/>

Did you know

*The fungus **Trichoderma viride** is sometimes used in the process to make “stone-washed jeans”.*

The cellulases of the fungus partially (but irregularly) digest the cotton of the jeans, making them soft and appearing that they were washed using stones.

In reality, “stone-washed jeans” could be called “fungal-digested jeans.”



Trichoderma viride culture grown on potato dextrose agar (PDA) nutrient medium, 28 days after inoculating an agar disc from a previous culture on 5cm Petri dish



News From The Veil: The Secret Lives of Fungi

They shape the world—and offer lessons for how to live in it

by Hua Hsu, May 11, 2020

In 1957, a man from New York named R. Gordon Wasson published an article in *Life* about two trips he had taken, three decades apart. The first was to the Catskills, in New York, where his wife, Valentina, took a rambling walk in the woods and became enamored of some wild mushrooms. “She caressed the toadstools,” Wasson recalled, “savored their earthy perfume.” She brought them home to cook, and soon he, too, was enchanted. They spent the next thirty years studying and cataloguing various species, searching out literary and artistic works about mushrooms.

According to Wasson, the world is divided into mycophiles and mycophobes. Reverence might take a variety of forms—think of Eastern Europe or Russia, where foraging is a pastime. There’s a famous scene in “[Anna Karenina](#),” in which a budding romance withers during a mushroom hunt. Wasson was particularly interested in societies that venerated the fungus for spiritual reasons. In Mexico, wild mushrooms were thought to possess “a supernatural aura.”

There are any number of reasons that one might be mycophobic. Some people are put off by mushrooms’ taste or texture—supple, with a fleshy resistance—and the fact that they somehow resemble both plant and animal. Others are creeped out by the way they pop up overnight, hypersensitive to atmospheric changes. As fungi, they feed on organic matter, and can be seen as vehicles of decay. In Wasson’s view, Americans, and Anglo-Saxons as a whole, were mycophobic, and “ignorant of the fungal world.”

In his forays against this ignorance, Wasson learned of a so-called “divine mushroom” consumed in remote corners of the world. In 1955, he finally found one of these communities, a small town in the mountains of southern Mexico. At the house of a local shaman, Wasson drank chocolate, then spent thirty minutes chewing “acrid” mushrooms. “I could not have been happier: this was the culmination of years of pursuit,” Wasson wrote. For the next few hours, he experienced visions—resplendent motifs and patterns, mythical beasts and grand vistas, streams of brilliant color, constantly morphing and oozing, whether his eyes were open or closed—and he felt connected to everything he saw. “It was as though the walls of our house had dissolved,” he wrote, and his spirit were soaring through the mountains.

Continue reading through the Source, The New Yorker!

Source: <https://www.newyorker.com/magazine/2020/05/18/the-secret-lives-of-fungi>

Retrieved on July 16, 2020



Establishing a University of Alberta Endowment Fund

Each year graduating highschool and post secondary students face the dilemma of having to chose what pogram to study. We are lucky to have Mycology Courses available to students through the University of Alberta educating the next generation of Mycologists.

In order to support students in their studies the Alberta Mycological Society has made an investment in our future with a contribution to the University of Alberta Endowment Fund to be used to assist Mycological students.

To further assist students a fundraiser will be held each year leading up to the Alberta Mycological Society AGM & Presidents Dinner. Funds raised will be invested with the endowment fund.

If everyone in our current membership reading this donates \$10 we will raise enough to fund 5-6 students in their studies.

Are you interested in helping a budding Mycologist achieve their dreams and progress with the science of fungi? If so, please visit our website at <https://www.albertamushrooms.ca/>





The Mycophile Runner's Plight

A Light Hearted Short Story

June 5, 2020

Erica To

The steady drizzle is light and the droplets so fine, the air feels rejuvenating and cool. I wouldn't even call it raining. In fact, my skin and lungs would argue that they prefer this weather for running. I hit start on my fitness tracker and off I go down the sidewalk. I'm gleeful, practically frolicking, for it seems that most of the city's occupants have deemed the weather too morose to venture outside. I have a selfish feeling that I have this fine morning all to myself.

As I leave the neighbourhood full of eclectic houses with their inconsistently manicured lawns, and lope into the woody trails, I've reached a steady stride and my breath has fallen into a controlled rhythm. I have a good feeling, a very good feeling indeed, about this run. Perhaps it'll be my best runtime ever.

I see something out of the corner of my eye that causes me to do a *doubletake*. What on earth? Or more like, what *under* earth? I slow down, circle back and squat onto my heels. Something large appears to be pushing up the mulch and dead leaves. I grab a somewhat soggy stick and prod gently around the protrusion, removing some of the obstacles in its way -- loose twigs, wood and dead vegetation. As the earth is slowly moved away, I begin to see large and noble gills emerging!

Encouraged by this discovery, I shove the dirt and mulch off the top. It becomes apparent to me that I'm digging the soil out from a cap that is quite deep! Giddily, I realize that I am uncovering an ambitious eight-inch *Leucopaxillus giganteus*.

"Live! Breathe!" I exuberantly cry.



I startle someone who is walking briskly past me. They stare with silent offense, but I do not apologize. I point at this handsome creature I have unveiled. They swivel their head forward and hurry off, clearly not understanding the glory before them. I turn back to admire him some more before thinking - "oh, right, running."



With a final nod of comradery at my new friend, I depart and attempt to find my breath and pace once more. I trot up a set of well-worn wooden stairs and emerge onto a small clearing resplendent with benches. I am unbecomingly huffing and puffing. As I make a loop around this small secluded area, I appreciate the quiet rustle of leaves. The fine mist in the air condenses and is drawn into larger droplets which quiver on the tips of delicately veined leaves. Water drips down upon stems and trunks of knotted trees, and glistens on the fine, silvery-blue, striated, translucent tops of mushrooms.

I find myself squatting again, feeling breathless but not necessarily just

from running. Could it be a cluster of *Coprinopsis lagopus*? Is it possible that I have been blessed with the opportunity to see this inky mushroom, whose adult form lives roughly only but an hour? I'm can't be sure for the caps of these mushrooms have already begun lifting, their edges curling into an ebony black. The characteristic 'rabbit feet' fuzziness on the caps of the younger mushrooms is difficult to distinguish. That being said, I would feel no regret should these turn out to be *Coprinopsis plicatilis* instead. The caps appear ephemeral with the light penetrating through and the stalks are ever so crisp and white against the dark, damp ground. Even decaying their melodious beauty remains. I curse myself for being tardy getting out of bed this morning.

In the shivering clearing, the silence of the area suddenly reminds me that I must be off. I pump my arms as I try to recover some precious time. Maybe moving my arms obnoxiously will make me go faster. It does not. I bound through the paths, my lungs voicing protest with ragged breaths. I cross a long bridge, unusually absent of the normal vehicular traffic as I cross from one side of the river valley to the other. I unsuccessfully skip and maneuver between puddles, accumulated from the precipitation over

the night. Step by step, out from under the steel beams of the bridge and back into the comforting embrace of the trees.

Now I find myself wading through bushes, pushing aside branches. I come to a stop and I stare down at a fallen tree trunk, which has erupted in mushrooms. The base of the trunk, which had been cleanly cut at the terrible time of the tree's death, was now covered in moss and sprouting soft, gentle, tan mushrooms. The trunk was sporadically peppered with them. I beam up and down the length of this fallen trunk in a very satisfied sort of way.



I give a sudden start as I remember my original purpose for this outdoor venture. I blunder out of the bushes, brushing away the unseen spider webs and caterpillar silks. My shins feel soggy, but I squelch on.

I arrive back at my home, feeling victorious upon completion of my Sunday loop. I had only stopped four additional times to appreciate more fungal friends that had found the atmosphere conducive to sprouting. And I had only knelt down just once with my face almost touching the grass to peer under the pale cap of a mushroom. Rusty brown gills. I had only put one foot onto a stranger's front lawn as I craned my neck to peer into the hollow of a stump on their property. There was nothing there. Trespassing without reward.

I scratch at a small growing round welt on my cheek and check my fitness tracker. I feel crestfallen. This is perhaps one of my worst run times. I open my gate. My footsteps, as I pass through my gate, are of enlightened defeat.





Foray Report: Water Valley—Calgary Region

What: Water Valley Foray NW of the City of Calgary

When did the foray occur: June 20, 2020

Foray Length: 3 hours

Attendance: 16 people

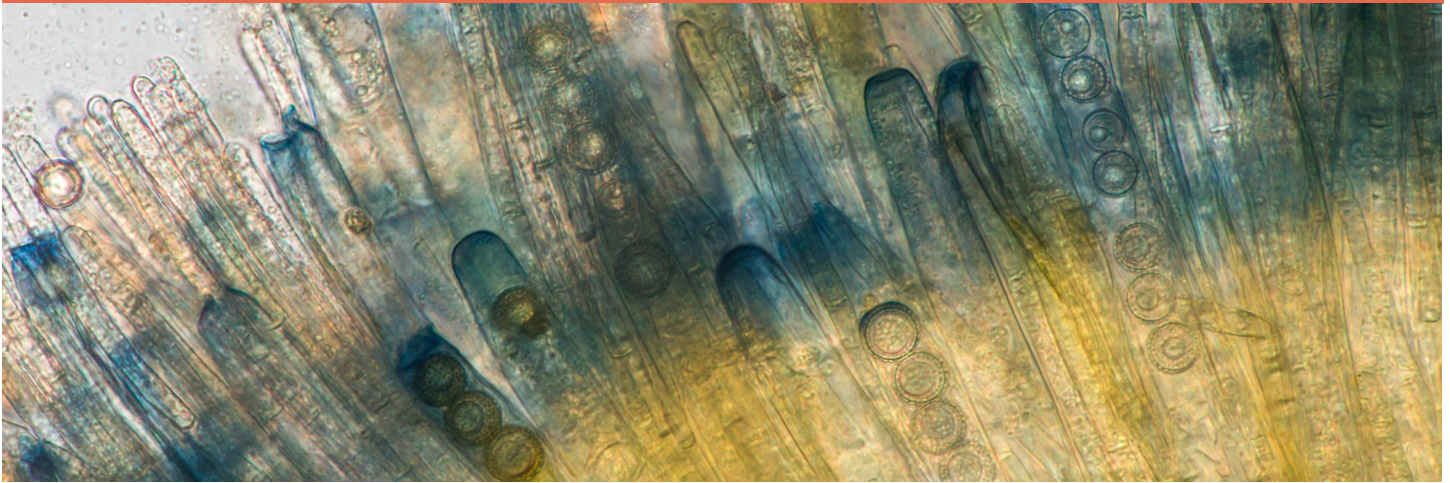
Mushroom Species Found: Foray was intended mainly to find edible *Pleurotus* species (oyster mushrooms). Area has been reliable in the past around mid June. Other species found included some Dryad's saddle (*Polyporus squamosus*), black-footed polypores, and the start of numerous little brown mushrooms (LBM's).

Terrain: Mixed aspen conifer woodland with lots of deadfall. Fairly flat with a lower area on the east side.

Weather Conditions: Sunny, warm around 18°C

Additional Comments: Most members were able to find a decent number of oyster mushrooms.





Foray Report: Pine Lake—Red Deer Region

Foray Leader: Candice Cullum

What: Pine Lake Red Deer Region foray

When did the foray occur: June 20, 2020

Foray Length: 2 hours

Attendance: 25 people

Mushroom Species Found: The usual species of polypores were found *Fomes fomentarius*, *Phellinus tremulae*, *Fomitopsis pinicola*, *Ganoderma applanatum*, *Trametes* as well as *Pycnoporus cinnabarinus* a first for many folks. *Pluteus populinus* was of course the most popular but we also found many others.. *Crepidotus mollis*, *Agaricus* possibly *campestris*, *Pluteus populinus*, *Peziza repanda*, *Leccinum insigne*, crown tipped coral. Two new finds for this area were *Stropharia kauffmanii* and *Pluteus granularis*.

Terrain: Mostly aspen forest some scattered birch, choke cherry and Saskatoons. Rolling hills with lots of beaver activity.

Weather Conditions: Pleasant and sunny.

Additional Comments: Plenty of oysters for everyone to try them.





Upcoming AGM & Presidents Dinner

With COVID-19 scheduling of the Annual General Meeting (AGM) and Presidents Dinner has been challenging.

This year the Presidents Dinner is cancelled and the AGM will be held virtually. This annual event is a great way for members to get together in an informal setting.

At this event, our Alberta Mycological Society President awards the President's Award. This award goes to non-board members for their extraordinary contributions and effort on behalf of the society.

Board Member positions will be elected at the AGM, there are 4 available positions.

If you enjoy attending forays, assisting with volunteer coordination, website maintenance consider joining the Alberta Mycological Society.

Location doesn't matter! You can attend Board Meetings remotely. The Alberta Mycological Society, believes that representation of all regions is important.

If you are interested in these positions keep an eye on our events page and attend the AGM to express interest.

<https://www.albertamushrooms.ca/events/>

Alternately reach to our President at kjslevinsky@hotmail.com



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Mushrooms from Asia A Brief Introduction for Cooking

It wasn't until a couple years ago that I realized some people weren't familiar with the variety of mushrooms from Asia that I ate on a regular basis since I was a wee child. My born and raised Saskatchewan friend and I were on our way out of town to Meadow Lake Provincial Park and I had asked if we could make a quick stop at TNT for some snacks, not realizing she'd never once stepped foot inside an Asian supermarket. Watching her reactions was entertaining for me as we strolled through fresh produce and packaged food aisles.



As spring has arrived and we're impatiently waiting for Verpas and Morels to pop out and kick off the foray season, I wonder if there are other mushroom enthusiasts who aren't familiar with Asian mushrooms. During times like winter, or for those who live simply too far from mushroom foray locations to venture out frequently, trying out Asian mushrooms and experimenting with recipes can be interesting and delicious alternative! In Edmonton where I live, the three biggest Asian supermarkets are TNT, Lucky 97 and recently opened Hmart.

Mandarin, Japanese and Korean languages mushrooms are called "mógū" (pronounced *moh-goo*), "Kinoko" (pronounced Kee-noh-koh), and "beosos" (I'm not even going to try this pronunciation), respectively. There are a couple well known Asian mushrooms commonly eaten in North America such as the Shiitake mushrooms, Enoki mushrooms and King Oyster mushrooms.

They're growing in popularity and now frequently available alongside your everyday white button and crimini mushrooms at common grocery chains like Safeway, Sobeys, Superstore and Save-on-Foods. I'll avoid discussing these three mushrooms as I want to focus on mushrooms that people might not be familiar with.



Most Asian mushrooms can't be grown in North America and so you'll be finding most of them dried. When exploring your Asian supermarket, look for the Dried Vegetables and Fruits section and you should find your mushrooms there. Customer service can be a hit and miss in Asian supermarkets. Their employees might not speak English but the stores are small and I'm sure you'll find your way there. (I cannot be held responsible for anything else you buy.)



I have described below a small selection of Asian mushrooms I found in one of my local TNT stores that you may come across in your adventure if it's your first time. I hope you'll find it intriguing enough to give at least one of these mushrooms a try on a day that you can't go foraging.

BLACK FUNGUS

These mushrooms are commonly known as "Cloud Fungus" or "Wood Ear Fungus" because they can resemble ears growing on logs or wood. They are jelly fungi of the *Auricularia* genus and there are two species commonly eaten: *Auricularia auricular-judae* (in Mandarin known as "mùěr mógū") for the wood ear and *Auricularia polytricha* (in mandarin known as "Yūn-ěr mógū") for the cloud ear. This fungus is typically black or brown. They can be difficult to differentiate but the wood ear fungus is typically bigger and thicker. Both are usually purchased dried and the wood ear fungus will require longer soaking times to become soft. Black fungus has a completely different texture than your typical white button mushroom. They're firmer and sometimes crunchier. The wood ear fungus in particular may need trimming to remove a hard part at the base that's not edible. They're commonly used in stir-fry's, meat and seafood dishes, Asian salads, soups and especially hotpot.



(Photo courtesy of Wikipedia, Ref. #2)

(Photo courtesy of The Foraged Foodie, Ref. #1)



Black Fungus Recipe(s):

Black Fungus Cucumber Salad: <https://casaveneracion.com/wood-ear-mushrooms-cucumber-salad-chinese-style/>
Ginger and Black Fungus Chicken: <https://rasamalaysia.com/recipe-ginger-and-black-fungus-chicken/2/>

SNOW FUNGUS

(Photo courtesy of China Global Mall, Ref. #3)

In mandarin they're called "Xuě-mùěr". Snow fungus is also a jelly fungus that's quite pretty. They're part of the *Tremella fuciformis* fungus genus and are considered a mycoparasite; that is, it feeds on other fungi. In stores some look kelp-like while some are found in loofah-like sponge forms, and the color varies from pale to darker yellow.



Snow fungus is valued in Asia for its anti-aging skin properties. Most of the time I find snow fungus in Asian desserts – a sweet snow fungus congee or snow fungus pudding. Congee is a traditional rice porridge, which can be sweet or savoury. With snow fungus, the congee has always been sweet in my experience. After the dried snow fungus becomes rehydrated from soaking in water, you gently squeeze out the excess water and cut it

(scissors or a knife!) into smaller pieces for cooking, trimming off the dark, hard base. I have added it to stir fry's before when I didn't realize I didn't have any other mushrooms in my fridge or pantry. The stir fry still turned out decent (it was all consumed anyways!) even though I've never seen snow mushrooms in those types of dishes.

Snow Fungus Recipe(s):

Snow Fungus Soup with Pears: <https://thewoksoflife.com/snow-fungus-soup-pears/>

AGROCYBE MUSHROOM



(Photo courtesy of The Omnivores Cookbook, Ref. #4)



(Photo courtesy of Medical Mushrooms, Ref. #5)

In some Asian supermarkets, it's a mushroom simply labelled as "Agrocybe" mushroom. I think they might be having some difficulties translating the name but they're often actually Tea Tree Mushrooms (Pioppino) or Chestnut mushrooms. They're part of the *Acrocybe aegerita* or *Acrocybe cylindracea* genus. These mushrooms are called "Chá-shù mógū" in Mandarin. They have a strong earthy flavor and I enjoy them in simple spicy stir-fry's, but they're often found in soups which I think is advantageous for softening the tea tree mushroom stems. The stems are quite tough so they need to be boiled before adding to dishes.

Tea Tree Mushroom Recipe(s):

Sichuan Stir-fry Tea Tree Mushrooms: <https://food52.com/recipes/15019-sichuan-stir-fry-tea-tree-mushrooms>

Tea Tree Mushroom Soup: <http://www.choiyen.com/yen-can-cook-tea-tree-mushrooms-soup-%E8%8C%B6%E6%A0%91%E8%8F%87%E6%B1%A4/>

SHIMEJI MUSHROOM

Shimeji mushrooms might be better known as Beech mushrooms and they're part of the *Hypsizygu* *tessellatus* fungi genus. They're native to Japan and there are a few different varieties such as buna-shimeji and bunapi-shimeji. They are not eaten raw at all and are always cooked to add a nutty flavour to the dish. They're found in Asian salads, noodle bowls like ramen, stews and soups, but they've also been added to pastas! I had fettucine carbonara pasta with Shimeji mushrooms in it and it was absolutely delicious! It's on my list of recipes to try out myself!



(Photo courtesy of Just One Cookbook, Ref. #6)

Shimeji Mushroom Recipe(s):

Chicken, Broccolini and Shimeji Udon: https://www.yummly.com/recipe/Udon-Noodles-with-Chicken_-Broccolini_-and-Shimeji-Mushrooms-1601993

STRAW MUSHROOM

Straw mushrooms are very common in Chinese cooking because this mushroom is easily cultivated in Asia. They're part of the *Volvariella volvacea* genus. In Mandarin it's translated to "Cǎo-gū" and I have a love-hate for these mushrooms. I find them delicious and I love the texture, but they're small and in a stir fry they can get slippery with the sauce and I would have to chase them around my plate trying to pick them up with chopsticks! I almost always find straw mushrooms in stir-fry dishes. Unlike the Asian mushroom and fungi varieties listed above, I've only ever found these mushrooms in cans, so you may have to take a peek in the canned fruits and vegetable aisles to find them.



(Photo courtesy of Woks of Life. Ref. #7)



Straw Mushroom Recipe(s):

Shrimp and Straw Mushroom Stir-fry: <https://www.cookinghawaiianstyle.com/component/recipe/recipes/detail/1868/stir-fry-shrimp-with-snow-peas-straw-mushrooms>

Chicken Lo-mein Stir-fry: <https://www.thespruceeats.com/chicken-lo-mein-stir-fry-694182>

BAMBOO FUNGUS

This fungus might be better known as a stinkhorn mushroom. As per its name, this mushroom grows in the roots of bamboo and is easily identifiable by its long skirt. Internet searches indicate that it's part of the *Phallus indusiatus* fungi genus. From its common name, stinkhorn, it has a terrible smell and is generally avoided in North America, but in Asia it's incorporated into dishes, particularly in stews. (Coming from a culture that enjoys the Durian fruit, I am not particularly surprised.) In Mandarin this fungus goes by the name, "Zhúsun mógū".

If you're worried about the smell, don't be. In the super mart it's purchased dried and doesn't have the terrible smell anymore (thank goodness). It does have a stronger than average earthy smell though.

Bamboo Fungus Recipe(s):

Bamboo Pith & Chinese Mushroom Soup:

<http://thefussypalate.blogspot.com/2014/09/bamboo-pith-chinese-mushroom-soup.html>



(Photo courtesy of China Daily. Ref. #8)



In addition to checking out the dried mushrooms in the dried vegetable aisles, take a peek at the fresh mushrooms in the produce section and canned goods aisle. I found Abalone mushroom porridge, which immediately made its way into my basket, which I've never tried before. Here are a few pictures of what I found, aside from those in the dried vegetable aisle.



Trying new recipes and dishes is one of my passions. I hope you've found this informative and made you a least a little curious about mushrooms on the other side of the world.

References

1. <http://foragedfoodie.blogspot.com/2017/03/foraging-edible-medicinal-wood-ear-mushroom.html>
2. https://en.wikipedia.org/wiki/Cloud_ear_fungus<https://www.chinaglobalmall.com/products/12605197443>
3. <https://www.chinaglobalmall.com/products/12605197443>
4. <https://omnivorescookbook.com/pantry/tea-tree-mushroom>
5. <http://www.medicalmushrooms.net/agrocybe-aegerita/>
6. <https://www.justonecookbook.com/shimeji-mushroom/>
7. <https://thewoksoflife.com/asian-vegetables-beans-melons/>
8. https://www.chinadaily.com.cn/m/yunnan/kunming/2015-06/15/content_21005564.htm



KOREAN JAPCHAE

Preparation Time: 8 hours **Cook Time: 10 minutes**
 (Preparation time is from soaking mushrooms mostly!)

NOTES: I believe the key to Asian stir-fries is the firmness of the vegetables. Stir-fried vegetables should be cooked and tender but still need to maintain a certain amount of crunch. The combination of the firm, crisp vegetables and tender, soft noodles makes the perfect texture for a stir-fry! Another key to stir fries is to incorporate the mushroom broth from the rehydrating Shiitake mushrooms. This dish cooks FAST, so to avoid overcooking this dish and having a mushy stir-fry ensure all the ingredients are cut, sauced and available on hand before you actually start frying things up.

INGREDIENTS:

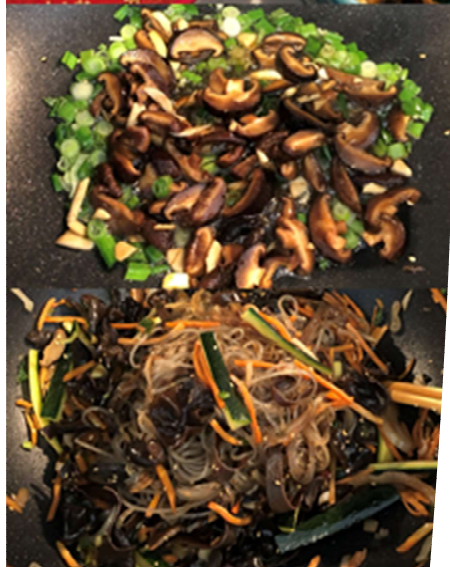
- 200 g dry Korean Glass Noodles
- 1 cup Hydrated Shiitake Mushrooms (about 8-10 dried)
- 1 + 1/2 cups Hydrated Wood Ear/Black Fungus Mushrooms
- 1 + 1/4 cups Julienned Carrots
- 1 small Onion, sliced thinly
- 6-8 Green Onions
- 1 medium Zucchini
- 2 tbsp vegetable oil
-

Shiitake Mushroom Sauce

- 2 tsp Dark Soy Sauce
- 2-3 cloves minced garlic
- 1 tsp Brown Sugar
- 1/2 tsp Sesame Oil
-

Japchae Sauce

- 3 tbsp Dark Soy Sauce
- 1 tbsp Brown Sugar
- 1 tbsp Sesame Oil
- 2-3 tbsp Shiitake Mushroom Water (if available)
- 1 tbsp Sesame Seeds

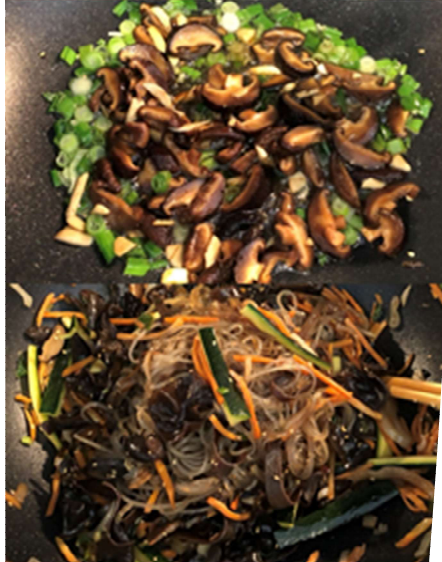




KOREAN JAPCHAE

INSTRUCTIONS:

1. Soak the Korean glass noodles and dried mushrooms (in separate bowls) in room temperature water overnight.
2. Cut the carrots into julienned strips, and slice the onion thinly.
3. Chop up 2 stalks of the green onions and set aside. (I always include the thick white portion.)
4. Cut the remaining green onions into 2" length pieces, including the thick white portion. If the thick white portions are wider than a pencil, split the stack lengthwise.
5. Once the mushrooms have rehydrated, drain and squeeze gently the water from the mushrooms. Save the Shiitake mushroom water and set aside.
6. Slice the shiitake mushrooms thinly and chop up the black fungus into roughly 1" sized pieces.
7. Mix the Shiitake mushroom marinade ingredients together in a small bowl. Add Shiitake mushrooms to the marinade and set aside.
8. Mix the Korean Japchae sauce together in a small bowl and set aside.
9. Drain the Korean glass noodles, and cut into manageable lengths. (I recommend no more than 6"). Set aside.
10. Heat the 2 tbsp of vegetable oil on medium high heat in a wok or large pan. Once hot, add the 2 stalks worth of chopped green onions and fry lightly (less than 1 minute!).
11. Add the Shiitake mushrooms and any remaining sauce to the wok/pan and lightly fry (less than 1 minute!).
12. Quickly add the carrots, black fungus, zucchini and sliced onions to the wok/pan and lightly fry for another 2-3 minutes. Toss and mix to ensure even cooking.
13. Quickly add the Korean glass noodles, and mix the vegetables and noodles together to ensure even coating with sauce (about 1 minute). The noodles will become more transparent and tender.



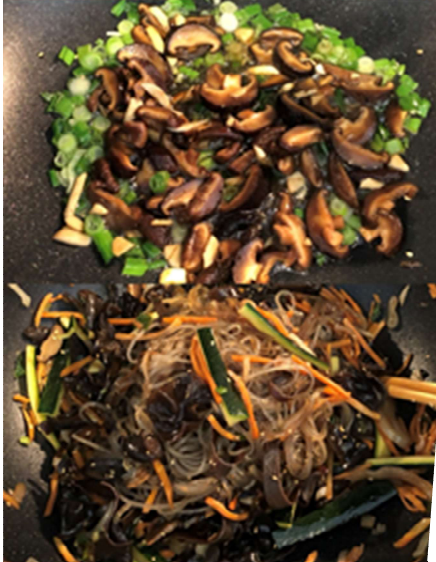


KOREAN JAPCHAE

INSTRUCTIONS CONTINUED:

14. Add 2-3 tbsp of Shiitake mushroom water and cook for another 1 minute. The noodles should be almost tender.
15. Stir-fry for another 2 minutes, mixing the noodles and vegetables with the sauce thoroughly.
16. Turn off the heat and immediately add the 6 stalks worth of 2" length green onions. Toss the green onions in the noodles and the heat will cook the green onions. Mix the green onions thoroughly in the Japchae noodles and vegetables. Now enjoy!

Recipe is adapted from the [Simple One-Pan Korean \(Japchae\) Recipe](#).





SEAFOOD BANH XEO (VIETNAMESE CREPES)

Preparation Time: 10 minutes **Cooking Time:** 20 minutes **Servings:** 2-4 people

Notes: A wonderful alternative to traditional European Dutch or Croatian crepes! I love Banh Xeo especially in the summer because they're actually quite refreshing! Because of the rice based crepe, Banh Xeo is always savoury and never sweet, but you can alter the type of filling as you'd like to be vegetarian, seafood based or pork based!



CREPE INGREDIENTS:

- ¾ cup Rice Flour
- ¼ cup Cornstarch
- ¼ tsp Salt
- ¼ tsp Turmeric Powder
- ¼ cup Coconut Milk
- 1 cup Water
- 2 stalks Scallions, chopped

SEAFOOD FILLING INGREDIENTS:

- 1 Sm. Onion, thinly sliced
- 1 cup Seafood Mushroom, bottom stem trimmed
- 1 Sm Shallot, thinly sliced
- ½ cup Shrimp, peeled and deveined
- ½ cup Imitation Crab (or scallops)
- 1 - 1½ cup Beansprouts, washed and patted dry
- 1 tbsp Hoison Sauce
- 1 tbsp + Canola Oil

INSTRUCTIONS:

1. In a large nonstick pan, heat the oil over medium-high heat. Add the sliced onion and cook for about 1 minute. Before the onion gets translucent, transfer the onion quickly into a separate bowl to prevent overcooking.
2. In the same pan add the shallots and seafood mushrooms. I usually trim ¼ inch off the bottom of the seafood mushroom if they're still all attached at the bottom. Cook the shallots and seafood mushrooms for about 3 minutes over medium-high heat.
3. Add the shrimp, imitation crab (or scallops) and hoisin sauce and sauté all together. You may need to add additional oil if required. Cook shrimp and crab (or scallops) all the way through, searing nicely on the sides. Cooking times may vary depending on size of scallops and shrimp.
4. Transfer to a separate bowl and wipe the pan clean. (I simply use a clean cloth or paper towel.)
5. In a small mixing bowl, combine and thoroughly mix the rice flour, cornstarch, salt and turmeric. The turmeric powder gives the crepe the beautiful gold colour.

6. Whisk in the coconut milk and water until no there are no lumps.
7. Add the chopped scallions and mix until evenly distributed.
8. If you were using a very large pan, you can probably split the batter in half to make two crepes, otherwise I split it into four portions. Add just enough oil to the pan to coat the inside, and heat on high setting. Once the pan is hot, give the crepe batter a quick whisk in case there was settling, and pour a quarter of it into the pan, rotating the pan at an angle as you pour to ensure the bottom is evenly coated with a thin layer. Turn the heat down to medium-high. The batter should sizzle upon contact with the pan.
9. Cook the crepe for approximately 3 minutes. The top surface of the crepe will change from glossy/shiny to a dull yellow colour.
10. When you can lift the edges of the crepe up easily with a spatula around the entire edge of the pan, spread a quarter of the beansprouts on half of the crepe. Cook for approximately 30 seconds.
11. Add a quarter of the cooked onion and then a quarter of the seafood mixture to the top of the beansprouts and cook the crepe for another 3 minutes.
12. When the crepe becomes crispy, use a spatula to fold the empty side of the crepe over the top of the filling. Be careful not to overcook the crepe, or it will become too hard and may break.
13. Transfer the crepe to a plate, and repeat Steps 8 to 12 using remaining batter and filling, as required.



Optional: On occasion, I cut up the crepe and wrap the pieces into lettuce for some extra crispiness! Serve either option with dipping sauce. I've used fish sauce, plum sauce, sweet and sour sauce and teriyaki sauce.

(Recipe is adapted from <https://delightfulplate.com/crispy-vietnamese-crepe-banh-xeo/>)



SNOW FUNGUS SOUP

(WITH A CANADIAN TWIST)



Preparation Time: 8 hours

Cook Time: 3 hours

(Preparation Time is only from mushroom soaking)

(Adapted from [Snow Fungus Soup with Pears Recipe from Woks of Life](#))



Notes: As a dabbling cook, I find that everyone has varying levels of sweetness preferences. So I prefer to cook the soup without rock sugar and allow everyone to sweeten after by drizzling Maple Syrup overtop and mixing it in. This soup will already get some sweetness from the goji berries, dates and choice of fruit you add. As I write this, I'm also getting ideas about adding shredded coconut for a bit of texture, or maybe topping with some jam!

INGREDIENTS

- 25 g dried snow fungus
- 10 cups of water
- 40 g rock sugar (Optional or substitute with Real Canadian Maple Syrup!)
- 15 g (3 tbsp) dried goji berries (also known as wolf berries)
- 20 g (1/3 cup) dried Chinese Red Dates (also called Chinese Jujubes)
- 1 piece of fruit, sliced

INSTRUCTIONS

1. Rehydrate the dried snow fungus in plenty of water overnight (at least 8 hours). Don't let the size of the dried snow fungus deceive you. After rehydrating, they swell pretty big as you can see from the picture on the left!
2. Once rehydrated gently squeeze out the water from the fungus (no need to wring it dry). Using scissors or a knife, trim away the dark, hardened root (or gristle) at the base of the snow fungus and toss this part away. Tear or cut the remainder of the fungus into small portions.
3. In a large pot, add the snow fungus and water and bring to a boil. Once boiling, reduce heat to medium low, cover and simmer for 30 minutes.
4. The original recipe used a single Asian pear, but I used a mango. If using a fruit with a skin, peel the skin away, remove the core or seeds, and slice up the fruit. Add the fruit to the pot, cover and simmer on medium low heat for another 30 minutes.
5. Add the goji berries and dates.
6. Add the rock sugar, if desired. I prefer to sweeten my soup afterwards with Maple syrup.
7. Cover and simmer on low heat for 1-2 hours. Soup will turn a beautiful light amber colour. Spoon into bowls and enjoy!

