

SALTED MUSHROOMS (milkcaps)

1. Jars must be thoroughly cleaned and disinfected. Jars can be disinfected by boiling them or placing them in an oven at 150°C for 10 minutes (only glass jars can be placed in the oven). Lids cannot withstand the oven and must be disinfected by boiling them for a few minutes.
2. Clean and chop the mushrooms.
3. Boil the mushrooms in plenty of water for 2–10 minutes. Pour off the water.
4. Rinse the mushrooms with cold water and drain thoroughly. Squeeze the excess water out of the mushrooms.
5. Set aside 150 grams of salt for each kilogram of boiled mushrooms. Layer the salt and mushrooms alternately in a disinfected jar. Place a layer of salt at the bottom and on top.
6. Press the mushrooms tightly into the jar. Place a weight on top of the mushrooms to keep them submerged in the brine that forms during preservation. The weight can be, for example, another jar lid, which will press down on the mushrooms when you close the jar. Or use jars with lids that press the mushrooms under the brine. Place the jar of mushrooms in a cool place.
7. The next day, check that there is enough brine in the jar. If the brine does not cover the mushrooms, make more brine and bring it to a boil (10% salt). Cool and pour the liquid over the mushrooms. The brine must cover all the mushrooms, otherwise they may spoil.
8. Carefully prepared mushrooms will keep in the refrigerator for over a year, as long as you make sure they are covered with brine.

Using salt mushrooms

To use salt mushrooms, you must always remove the excess salt. This can be done in two ways: by soaking or boiling.

Soaking

Place the salt mushrooms in a generous amount of cold water and leave to soak overnight. Squeeze dry before further use.

Boiling

Add the mushrooms to cold water in a saucepan. Make sure there is plenty of water. Bring to a boil.

Rinse with cold water and squeeze dry before further use.

Mushroom salad

300 g ready-to-use salted mushrooms

1 onion, finely chopped

2.5 dl sour cream

parsley, black pepper

- Finely chop the mushrooms. Mix the onion, mushrooms, and parsley. Season with black pepper.
- Add the sour cream and mix until smooth.
- Serve as a salad, on bread, or as a side dish with baked potatoes or blinis

Drying mushrooms

Mushrooms suitable for drying include boletus, chanterelles, black trumpet mushrooms, and funnel chanterelles.

Preparation

1. Clean the mushrooms:

Remove dirt and debris from the mushrooms by brushing or rinsing them quickly. Do not soak the mushrooms, as this will slow down the drying process.

2. Cut the mushrooms:

Cut the mushrooms into thin slices, about 3–5 mm thick, so that they dry evenly. Thin and small mushrooms can be left whole or torn into pieces.

Drying methods

- Dehydrator or oven: Spread the mushrooms in an even layer on the rack of the dehydrator or oven.
- Oven drying: Set the oven to 35–40 degrees Celsius. If using convection, keep the oven door slightly open to prevent the temperature from rising too high.

Storage

1. Check dryness: The mushrooms are dry enough when they break when bent.
2. Storage: Pack the completely dried mushrooms in a clean, dry, airtight container or jar. Store the mushrooms in a cool, dark, and dry place to preserve their flavor and nutrients.

Tips

- Dried mushrooms can be stored for several years.
- Remember that dried mushrooms retain their flavor and nutrients well.
- When you want to use the mushrooms, you can add them directly to soup or sauce and let them soak. 10 g of dried mushrooms is equivalent to about 100 g of fresh mushrooms. Dried mushrooms are also suitable for baking. Crush the dried mushrooms in your hands and mix them into bread or roll dough. Dried mushrooms, such as chanterelles and funnel chanterelles, go well with chocolate. You can coat them with chocolate while they are still dry.

Freezing mushrooms

Porcini, chanterelles, trumpet mushrooms, and funnel chanterelles can be frozen fresh, but it is better to put the cleaned mushrooms in a saucepan or frying pan and heat them over medium heat, stirring occasionally. This will release moisture from the mushrooms, and you should continue heating until the moisture has evaporated. Allow the mushrooms to cool and then pack them into containers or bags. Pack the mushrooms into containers that you estimate will be a suitable amount for one use. Chanterelles should be diced or sliced, porcini mushrooms should be finely chopped, and funnel chanterelles and black trumpet mushrooms should be left whole.

Cook the mushrooms for 5-10 minutes before freezing. After cooking, cool them in cold water and squeeze them dry. Chop the mushrooms finely so that they can be quickly used straight from the freezer in salads, pâtés, etc.

Mushroom soup/sauce 4 servings

250 g chanterelles, boletus, funnel chanterelles, or black trumpet mushrooms

oil for frying

1 onion, finely chopped

1 clove of garlic

1 l vegetable stock

2 dl heavy cream

2 tbsp cornstarch

black pepper

- Chop the mushrooms and sauté in a hot pan for a few minutes. Add the onions and sauté for a moment longer.
- Add the vegetable stock and bring to a boil. Thicken with cornstarch.
- Add the cream and bring to a boil.
- Add the seasonings and enjoy.