



The morel

Conical morels appear in the spring and sometimes at the end of the summer, in damp beech, ash, poplar or hazel woods. This wild mushroom, relatively rare, with its cellular cap and bulbous stalk, comes from the conical morchella family.

There are about thirty varieties of which the conical morel, with its dark brown cap with thick edges and pronounced cellular structure is one. It is the most rare and the most highly regarded! The common morel has a light brown cap, usually conical, round or oval and hollow inside. Its stalk is off-white and light ocre coloured. The **morillon**, easily recognised by its long stalk and fleshy cap, has a milder flavor.

Choice

Morels are available fresh, dried or frozen. Fresh morels should be firm but above all moist and without discolouration. Preferably choose small morels for pan frying as they have a better texture for eating. On the other hand, for mixed vegetable dishes, egg and sauce recipes, choose bigger morels because they contain more juice.

Consumption

Morels go particularly well with meat juices, egg and cream based recipes and also with fruits in desserts. They are good accompaniments to red meat and poultry. They are often stewed in butter and then bound with creme fraiche.

Conservation

Keep morels fresh in a damp cloth for three to four days. Keep dried ones in a container with rice or with eggs to impart their flavour. You can also freeze morels, preferably already washed.



Morels love ruins and areas recently damaged by fire : they grew abundantly, for example, on the Normandy beaches in the spring of 1945 after the bombardments.



NUTRITIONAL INFO

15Kcal/100g



PREPARATION

This mushroom is difficult to clean : to wash them, cut off the end of the stalk and place them under running water to remove the sand. Do not leave them soaking, keep changing the water.



COOKING

Morels should be well cooked to rid them of any toxic substances. Cooking is done in two stages : let juices run a frying pan with a little oil then drain them and cook them in a little butter in a second pan.



PRESENTATION

Morels can be served whole or cut up, stuffed or chopped and mixed with breadcrumbs to be used as a coating for frying.

RECIPE SUGGESTIONS

Fricassee of chicken with morels and cream

Baked potatoes with morels

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