

FUNGHI FUNGHI

GOURMET MUSHROOM TRADERS

helping to discover

MORELS | ASPERAGUS | CHERVIL | BROAD BEANS

VEGA DISH OR AS GARNISH WITH POULTRY OR VEAL | SERVES 4 PERSONS



[photo Funghi Funghi 2022]

INGREDIENTS AS VEGAN DISH OR GARNISH

600 gr fresh Morels

1 shallot

20 gr butter

1 dash dry Jerez wine or dry French vermouth (*Noilly Prat*)

150 gr crème fraîche

Salt and pepper from the mill

1 bunch chervil, washed and gutted

A few drops of lemon juice and peanut oil (for the small chervil crudite)

OTHER COMBINATIONS

You can enrich the above garnish with, for example, white or green asparagus, young broad beans, wild garlic, veal or sweetbreads or (as in the photo above) crispy flakes of chicken.

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PREPERATION

Clean and rinse the Morels very carefully to remove all traces of sand. We recommend doing this with lukewarm water to make it easier to remove sticky sand!

Melt the butter in a frying pan. When the butter foams, add the Morels and fry **gently** for two minutes without getting any color. Then add the fine chopped shallot and sweat for a minute, then add the Noilly Prat, let it reduce and finally add the crème fraiche. Add some salt and pepper. Cook for about 8 to 10 minutes, depending on the size of the Morels. Because the Morels are not completely submerged in the sauce, turn regularly in the sauce.

Remove the Morels from the sauce and arrange them on preheated plates. Add some lemon juice to the sauce and reduce it a bit if you prefer a thicker and more concentrated sauce! You can also whip the sauce frothy...

Add the small chervil salad to the morels if you're serving on plates, or in a small bowl or separate salad bowl if you're serving in a cozier dish. (Chervil salad: chervil, a few drops of lemon juice, peanut oil, salt and pepper!).

This way you can taste the spring and especially the refined taste of fresh Morels at its best!

Enjoy !