



Easy Fried Morel Mushrooms

Jacob · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

4

Description

Fresh morels are simple and quick to fry and enjoy These mushrooms are a treasure of the woods hunted by many in the early spring here in Missouri They can be very hard to find but well worth the work once you get lots of them to eat

Ingredients

— - 1 pound fresh morel mushrooms - dirt gently brushed off and mushrooms halved lengthwise - 1 cup all-purpose flour - 1 cup vegetable shortening - salt to taste

Instructions

1. Place halved morel mushrooms in a large bowl; cover with cold
2. lightly salted water. Refrigerate mushrooms for about 5 minutes to loosen any dirt; pour off salted water
3. rinse
4. and repeat twice more. Crevices of the mushrooms may harbor tiny stones or even insects. Thoroughly rinse mushrooms a final time and allow to drain on paper towels. Place flour in a shallow bowl. Heat vegetable shortening in a large skillet until very hot. Roll mushrooms in flour and tap off excess; gently lay mushrooms in the hot shortening. Pan-fry until golden brown and flour coating is crisp
5. 5 to 8 minutes
6. turning often. Drain morels on paper towels
7. salt to taste
8. and enjoy your treasures! From the Editor The nutrition data for this recipe includes the full amount of the flour. The actual amount of the flour consumed will vary. We have determined the nutritional value of shortening for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
9. ingredient density
10. and the specific type of shortening used.