

Chanterelle Steak Sauce



Most people recognize Chanterelle mushrooms (*Cantharellus formosus*). It is probably one of the safest of all wild mushrooms to gather, as well as one of the most popularly eaten species of wild mushrooms in the world.

Spotting them in the woods is such a special treat for mushroom hunters everywhere. They are known for their beautiful appearance and their unique flavor that smells somewhat like apricots with a mild peppery taste.

When in season they can be found in many specialty grocery stores in the produce section, but they can be expensive, anywhere from \$14 to \$28 per pound. Since this recipe calls for only ½ pound, it should be affordable, or you can gather them yourself. Chanterelles are especially good in cream sauces and served with your favorite cut of steak. Also try this sauce with chicken, as well as on mashed potatoes.

Chanterelles have been picked and cooked as far back as the 1500's, but it wasn't until the 1700's that they gained widespread use as a culinary delicacy in French cuisine. During the 18th century they were often reserved only for nobility. Fortunately, they are widely accessible today.

½ pound fresh Golden Chanterelles (*Cantharellus formosus*)

1 tablespoon salted butter
2 tablespoon yellow onion, finely minced
2 garlic cloves, finely minced
¼ cup white wine
1 cup heavy cream
¼ teaspoon dried thyme leaves, chopped finely
¼ cup chicken broth
Salt and ground black pepper to taste
Parsley, fresh, for garnish

Clean the mushrooms. Dry sauté them in a pan until most of the liquid from the mushrooms has cooked out. Set the mushrooms aside. Using the same pan, melt the butter and sauté the onions until tender, about 3 minutes. When the onions are tender add the garlic and cook another minute or so to release their flavor, but don't let them burn. Add the remaining ingredients and the sautéed mushrooms. Bring to a simmer and then reduce the heat to low. Cook covered for 10 minutes, stirring occasionally. Remove the cover and continue to cook for 5 more minutes.

This sauce is at its best after being refrigerated for a day or two. It also becomes thicker. Add more heavy cream for a thicker sauce; add more wine for a thinner sauce. If a smoother sauce is desired put in a food processor until the mixture is smooth. Spoon the warmed sauce over steak and garnish with chopped parsley.

Yield: about 2 cups.