



Whatscookin'
with FUNGI
Magazine!



Krista Towns

A celebration of FUNGI magazine would not be complete without including the Whatscookin' Italy food tours so coveted by the fortunate group of people who quickly sign up before the list is full. These popular tours encompass spectacular areas of Italy, with opportunities to sample the best of the local cuisine in the regions. Our beloved FUNGI editor, Britt Bunyard, has been hosting them for the last several years, a position bestowed by the company's original co-founder.

Although considered "myco" tours, local food and wine is a primary focus, with participants having the rare opportunity to visit World Heritage Sites and explore an absolutely beautiful country, accompanied by knowledgeable guides.

For this issue I'm sharing three classic regional recipes I hope you'll enjoy, from Tuscany, Sardinia, and Puglia—all popular Whatscookin' destinations, that feature mushrooms, a well-loved staple in Italian cuisine. And I am including a basic recipe for homemade pasta, an Italian essential!

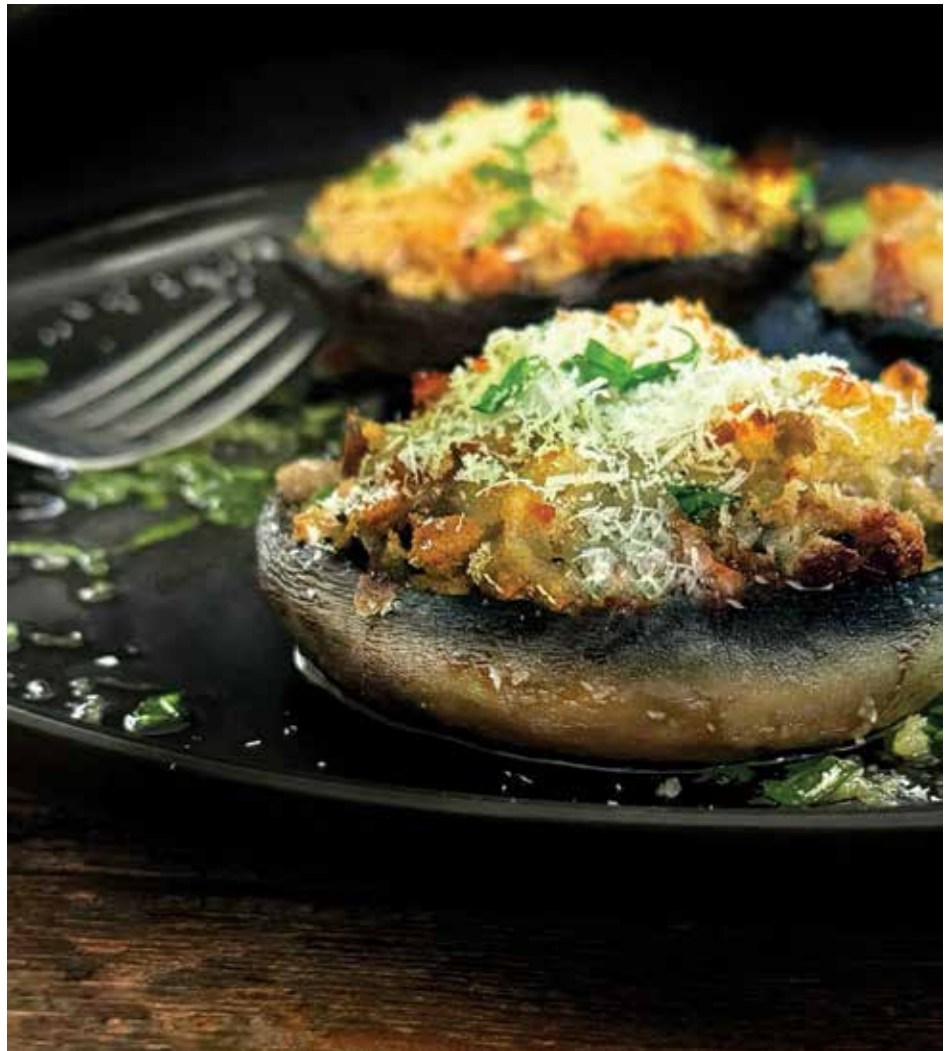
Enjoy and Ciao!

Krista

Questions or comments?

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Funghi Ripieni

(Stuffed Mushrooms)

Serves 4

Once you try these mushrooms you'll want to make this recipe again, it's easy and delicious. Peel the skins of the mushrooms if you like, it makes for a nice presentation, but ok to skip. Use homemade breadcrumbs if at all possible and be sure to use a good Parmesan cheese. Substitute basil, chives, finely chopped spinach, etc., for parsley, but please keep the garlic and sundried tomatoes, they add so much flavor to the filling. Perfect for a starter or even a light lunch.

Ingredients

- 4 portobello mushrooms
- Salt
- Freshly ground black pepper
- Olive oil
- 1 large shallot, finely chopped

- 1 large garlic clove, minced
- 2 sundried tomatoes, oil-packed, finely chopped
- 1/3 cup toasted and seasoned, homemade breadcrumbs
- 1/2 cup plus two tablespoons grated fresh Parmesan
- Ground Calabrian chile or cayenne pepper
- 1 egg white
- Finely chopped parsley leaves

With a sharp knife, peel the skins from the caps (optional), remove the gills with a spoon, and separate the stems from the caps. Finely chop the stems and set aside.

Coat the portobello caps with olive oil and season with salt and pepper.

Place a medium sized saucepan over medium heat, add two tablespoons of olive oil and sauté the chopped mushroom stems until golden brown. Add the shallots and garlic, and cook, stirring often until soft. Stir in the sundried tomatoes, stir and cook for 2 minutes, add the breadcrumbs, 1/2 cup

cheese, and pinch of pepper. Taste and season if needed.

Stir in the egg whites and remove from heat.

Fill the mushroom caps and sprinkle with the remaining cheese. Bake at 350 degrees for 8–10 minutes until the tops are lightly golden. Remove from heat and sprinkle with herbs, finish with a good drizzle of olive oil.

Fregola Sarda con Salsiccia e Funghi

*(Fregola Sarda with Sausage
and Mushrooms)*

Serves 4

Ingredients

- 3 tablespoons olive oil, divided,
plus more if needed



1 small onion, minced
1/2 pound sweet Italian sausage, bulk
Pinch red pepper flakes
8 ounces fresh mushrooms: oyster, porcini, trumpets or cremini, sliced
Salt
1 1/2 tablespoons tomato paste
1 1/2 cups Fregola or Pearl couscous
1/2 cup white wine
5 cups vegetable stock (add a couple pieces of dried porcini to the stock if you like)
1/2 cup grated Pecorino cheese (ideally Sarda) plus more for topping
Freshly grated black pepper
Chopped fresh parsley leaves
Heat one tablespoon of the olive oil in a large skillet over medium heat. Add the

onion, sauté until softened, about 3–4 minutes. Add the sausage and pepper flakes, and cook, breaking up the sausage with a wooden spoon or spatula until fully cooked. Remove from the pan.

Raise the heat to medium high, add the remaining two tablespoons of olive oil to the pan, and add the mushrooms. Quickly stir to coat, and cook for 8–10 minutes until golden and cooked through, lightly salt when the mushrooms begin to color.

Stir in the tomato paste and the Fregola, and cook stirring until the paste changes color. Pour in the wine, reduce until almost dry, then add the thyme and pour in half of the stock. Cook and stir occasionally until the stock has reduced by half, adding more stock as

needed until the pasta is tender. Stir in the cheese and adjust seasoning with salt and pepper to taste.

Serve with a sprinkle of chopped parsley and additional grated cheese.

Pappardelle con Funghi

(Mushroom Pappardelle)

Serves 4

The sauce in this dish is a staple in traditional Tuscan cuisine, made by sautéing porcini* and brown mushrooms

with garlic, herbs, and butter. Over time, depending on the chef, other ingredients have been added to the sauce to enhance its flavors, such as different mushroom varieties, wine, and cheese. Pair with fresh pappardelle, or use a good quality

dried pasta. Dried pasta from Gragnano, a small hill town in Naples, is some of the very best pasta you'll find and worth the extra few dollars. Garfalo brand, made in Gragnano, is available online or possibly in your local grocery store.

Ingredients

- 12 ounces fresh or dried pappardelle, cooked and drained, 1/2 cup pasta water reserved
- 2 tablespoons olive oil
- 1 pound mushrooms of choice, porcini



- if possible and cremini, cleaned and sliced
- 2 garlic cloves, finely chopped
- 2 oil-packed sundried tomatoes, drained and finely chopped
- 1/2 cup white wine
- 1 1/2 cups cream
- 1/2 cup Parmesan cheese plus more for serving
- 1 tablespoon finely chopped fresh herbs: parsley, basil, thyme leaves

Heat the olive oil in a large skillet over medium high heat. Sauté the mushrooms until golden and crispy. Add the garlic and cook briefly, stirring often, do not brown. Add the sundried tomatoes and cook for an additional minute or two. Add the wine and cook until reduced to about 2 tablespoons. Stir in the cream, add the Parmesan cheese, reduce the heat to medium low and simmer for 5–6 minutes until thickened and creamy. Stir in the herbs. Add the pasta and toss to combine, adding a little of the pasta water if needed. Taste and adjust seasoning with salt and pepper. Serve immediately with additional grated cheese.

*If you don't have access to fresh porcini, use a pound of your favorite fresh mushrooms and soak a few crushed dried porcini in 1/3 cup of hot water for 30 minutes or until soft. Strain the mushrooms and reserve the soaking water. Add to the sauce along with the cream and Parmesan cheese and finish according to the directions.

Fresh Pappardelle

If you love fresh pasta then you'll enjoy being able to whip up a batch of your own. And it's really easy! A little time consuming but a nice glass of wine and Italian music in the background will make the time fly. And you'll love the results.

This recipe is for the Northern Italy version of classic fresh pasta and made with soft wheat flour and eggs. In Southern Italy, pasta is typically made with just water and flour, usually Semolina, and then dried.

If you don't have Italian OO flour, all purpose flour will work just fine. Use a little Semolina or rice flour for dusting



your cutting board.

Extra-fresh pasta only lasts about three weeks in the freezer, so plan accordingly. I make my pasta dough in a stand mixer, but if you want to be traditional you can mix and knead by hand, and finish the dough with a wooden dowel roller, or a manual or electric pasta roller.

Ingredients

- 4 whole eggs
- 3 cups OO flour (Molina, ideally) or substitute All Purpose
- 1/2 teaspoon salt
- 2 teaspoons olive oil

Lightly dust your work surface with the semolina flour. Assemble your stand mixer with the flat beater or dough hook. Add flour to the bowl of the mixer and create a well. Crack the eggs into the center of the flour well and add the olive oil and salt. On the lowest setting, let the mixer do its job, and in about three or four minutes you should see a nice

lumpy ball of dough. (If the dough is too wet, add a little more flour, if too dry, add a bit of water).

Move the dough ball to the work surface and knead for an additional 5–6 minutes or until the dough is smooth and elastic.

Roll into a ball and wrap tightly in clear wrap and rest for thirty minutes. After resting, cut the dough into four equal pieces. Feed the dough into the pasta roller on speed 2, until the dough is smooth and pliable. Increase the settings gradually, until the dough has reached a thin consistency, usually 4 is an ideal setting for regular pasta.

Cut the pasta sheets into 1-inch-wide strips, about 12 inches long. Roll into nests and dust with semolina flour. Keep uncovered for 10 to 15 minutes. At this point you can cook the pasta, refrigerate for up to about 18 hours, or freeze on a baking sheet and store 4–6 weeks in the refrigerator. 🍴