

Give and Grow Mushrooms

Sautéed Asparagus with Morels Recipe

Prep time: 10 minutes

Cook time: 15 minutes

Yield: Serves 4

High in Vitamin D and Vitamin B, like other mushrooms, Morels possess antiviral, antioxidant, immunoregulatory, and anti-tumor growth activity that helps to prevent the body from various health ailments.

This recipe uses fresh morels, but you could easily use dried morels. Use about 1 ounce. Let them soak in water 6 hours or overnight.

Green garlic or spring garlic is immature garlic that is available in the spring. There is no papery cover. You use and slice the green garlic the same way you would a green onion.

INGREDIENTS

- 1/4 pound fresh morel mushrooms
- 2 Tbsp extra virgin olive oil
- 2 Tbsp butter
- 1-2 green garlics, sliced (white and purple bulb, and light green stalk), (can sub shallots)
- 1 teaspoon herbs de Provence (can use dry thyme or a combination of thyme and dry tarragon)
- 1 pound of asparagus, trimmed (choose asparagus on the thin side)
- Salt
- 1/2 teaspoon freshly ground black pepper

METHOD

1 Prepare the morels: Slice the morel mushrooms in half lengthwise. Place in a bowl and cover with water. Agitate the water to release grit or dirt from the mushrooms. Drain. Repeat. Then fill with water and let sit while you prep the other ingredients.

2 Boil the asparagus: Fill the bottom of a large skillet with about 1/2 inch to 3/4 inch of water. Add a quarter teaspoon of salt. Add one slice of the prepped green garlic. Bring to a boil. Add the asparagus in an even layer. Cook until barely cooked (still firm, but can easily poke with a fork), about 3 minutes. Remove to a bowl of ice water to stop the cooking.

3 Drain and slice the morels: Drain and rinse the morels one more time. Then slice them crosswise into 1/4-inch slices.

4 Sauté green garlic and morels: Heat olive oil and melt butter in a large skillet (I use a 12-inch cast iron pan) on medium high heat. Add the sliced green garlic and the sliced morels. Sprinkle with 1/2 teaspoon of salt and 1 teaspoon Herbes de Provence. Cook on medium high heat until the mushrooms start releasing their water, about 3 to 5 minutes.

5 Add the asparagus: While the mushrooms are cooking, cut the asparagus in 1-inch diagonal segments. Add the asparagus to the mushroom green garlic mixture. Sprinkle with black pepper, toss to combine. Add more salt and pepper to taste. Serve immediately.

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