

Featured Taste

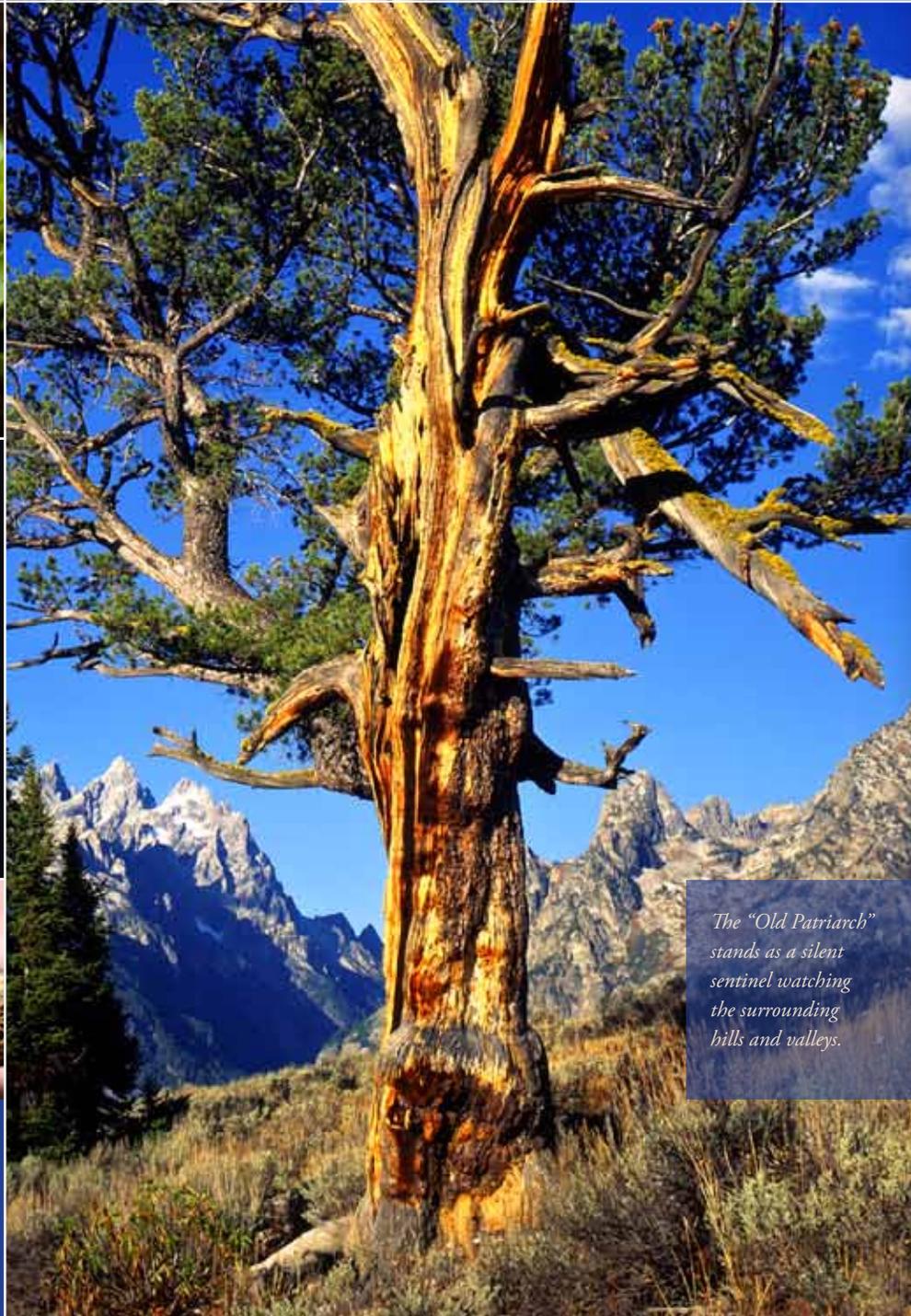
morel

MUSHROOMS

July 1, 2010
VOLUME 1 • ISSUE 1

TetonEats!

A FOODIE JOURNAL from THE CLEAR CREEK GROUP



The "Old Patriarch" stands as a silent sentinel watching the surrounding hills and valleys.

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RECIPE

*Grilled Peppered
Beef Tenderloin with
a Morel Mushroom
Cabernet Sauce*

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WELCOME

High Country Sights, Sounds and Tastes

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OUR FEATURED TASTE

We're wild about
morel

MUSHROOMS

Welcome to Jackson Hole! We want to share some of our unique Jackson Hole flavor with you. Fabulous, fresh foods are aplenty right now and should be taken full advantage of.

TetonEats! will give you the inside scoop on what's fresh now, where to get it, and what to do with it! Early in our high-altitude growing season (late June/early July) green veggies abound ... this month you will see lots of head lettuces, arugula, spinach, chard, kale, broccoli, basil, thyme, oregano, and tomatoes, too.

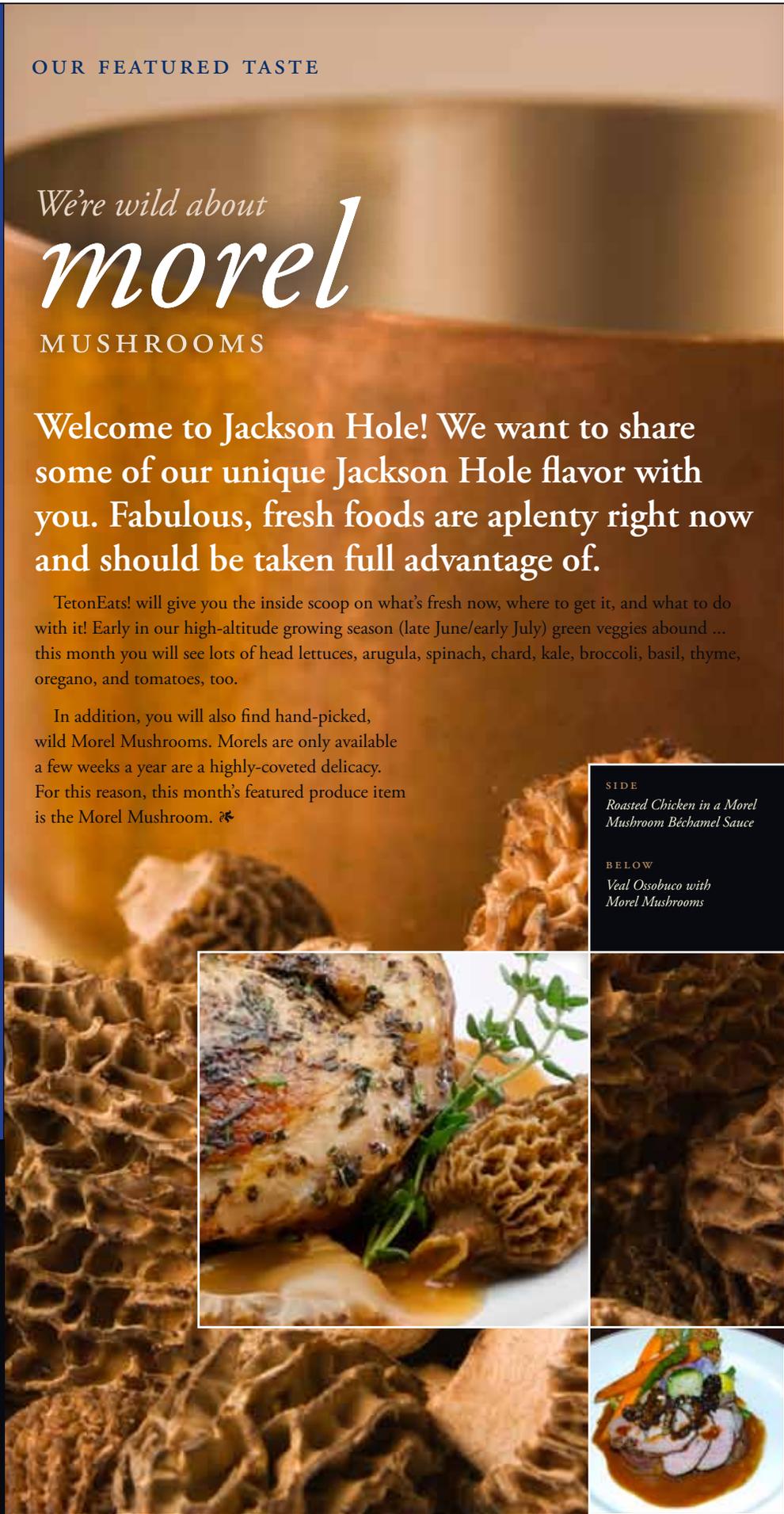
In addition, you will also find hand-picked, wild Morel Mushrooms. Morels are only available a few weeks a year are a highly-coveted delicacy. For this reason, this month's featured produce item is the Morel Mushroom. 🍄

SIDE

Roasted Chicken in a Morel Mushroom Béchamel Sauce

BELOW

Veal Osobuco with Morel Mushrooms



Betsy's Pick

DON'T FEEL LIKE SHOPPING OR COOKING ON YOUR VACATION?? Then, head to dinner at the **Snake River Grill** and try the *Wood-Fired Morel Mushroom Pizza* or order a side of *Sautéed Morel Mushrooms with Sherry and Cream* (located on the southeast corner of the Town Square, at the intersection of Broadway & King Streets – upstairs and behind Jackson Mercantile). ☞



THE HOW-TO

Preparing, Cooking and Savoring Morels



How to use, eat and savor Morels:

First and foremost, remember that morels must be cooked before they can be eaten!

Cooking kills any bacteria that could be lurking on the mushrooms,

ensuring they are safe to eat. And, it makes the nutrients in them more available for your body to absorb.

Before cooking, swish Morels around in cold water to loosen dirt out of the honeycombed cap. Some people avoid soaking them any further; others will even soak them overnight to persuade any insects sheltering inside to leave.

Morels are great in soups, risotto, pasta dishes, sauces, and on pizzas. See a scrumptious recipe to try on Page 4. »

Learn a little more about the

Morel

In North America the native tribes enhanced their meals by adding morels and other mushrooms. Western tribes such as the Sioux and Cree, and Eastern tribes like the Iroquois, dried the morels into a powder to carry with them.

Settlers expanding westward brought a love for mushrooms and began to harvest them for dishes that sometimes traced back to European origins. In fact, many Native Americans adopted some of these practices and folded their use into their own cooking.

A Few Facts about the Morel Mushroom

They are almost exclusively grown in the wild ... they are very difficult to cultivate and seldom are. Thus, the Morels you find at local farmers markets have been hunted and hand-picked by seasoned Morel hunters.

Morels are wild mushrooms: do not eat them raw, but only cooked!

HISTORY

Morels are believed to have evolved quite recently, as far as the history of evolution goes, probably as recently as the last Ice Age. They evolved from yeast.

For many centuries mushrooms have been characterized as an aphrodisiac. While there have not been medical studies to test this belief, research has been conducted that indicates mushrooms provide a natural antibiotic, offer protection against tumors, lower cholesterol, and rev up the immune system.



SIDE
Fresh Morel Mushrooms are a seasonal delicacy

BELOW
Fried Hake with pasta in a Morel Mushroom cream sauce

NUTRITION & TASTE

Mushrooms are a rich source of potassium and phosphorous; provide a good source of protein, fiber, a substantial amount of the B vitamins, copper, and other minerals. One cup has about 25 calories. Morel mushrooms exhibit an earthy, nutty taste that also hints at steak, making them a perfect accompaniment to your favorite cut. Their rich and creamy flavor also makes them great with pastas or as the base in cream or wine sauces.



RECIPE

Grilled Peppered Beef Tenderloin in a Morel Mushroom Cabernet Sauce

with

*Whipped Yukon Gold Potatoes**



COOK TIME: 30 minutes
LEVEL: Intermediate
YIELD: 4 servings

INGREDIENTS

Tenderloin

- 4 (10-ounce) tenderloin fillets
- 3 tablespoons cracked black pepper
- 1 tablespoon kosher salt
- extra-virgin olive oil

Morel Mushroom Sauce

- 2 ounces pure olive oil
- 16 ounces morel mushrooms
- 4 garlic cloves, minced
- 6 ounces cabernet sauvignon
- 6 ounces brown veal stock
- 2 tablespoons fresh thyme
- 4 tablespoons butter
- salt and pepper

Potatoes

- 2 pounds peeled Yukon Gold potatoes
- 1/4 cup heavy cream
- 1 pound unsalted butter
- salt and pepper

directions

For the beef: Roll the fillet in salt and pepper. Massage meat with olive oil. Grill to desired degree of doneness.

For the mushroom sauce: In a skillet with oil, sauté mushrooms until tender. Add garlic and allow to brown lightly. Deglaze skillet with cabernet and reduce by 3/4. Add veal stock and reduce by half. Add thyme and finish with butter. Season with salt and pepper. Keep warm until ready to serve.

For the potatoes: Place potatoes in a stockpot with lukewarm water to cover, and bring to a boil. Reduce to a simmer and skim the foam off the top. Cook until tender.

In a saucepot, heat cream and butter while potatoes are cooking. Drain water from potatoes and put through a sieve, add butter and cream, and season with salt and pepper. Whip vigorously.

Serve fillets with mushroom sauce and whipped potatoes.

*recipe courtesy of www.foodnetwork.com

WHERE TO BUY

Morel Mushrooms

People's Market

Wednesday evenings 4–7 pm, in the parking lot of the Lutheran Redeemer Church, one block northeast of the town square, on Gill and Willow Street. In addition to the locally grown produce, you can also enjoy live music, delicious prepared foods, beer from our local breweries and the work of local artists.

Farmer's Market

Wednesdays at Jackson Whole Grocer, 960 West Broadway, in the Powderhorn Plaza, local produce featured from 7 am – 7 pm.

The Jackson Hole Farmer's Market

On the Square, begins Saturday, July 10, is open from 8–11 am and runs through September 18th.

Jackson Whole Grocer

960 West Broadway, in the Powderhorn Plaza, local products denoted with blue price tags throughout the store. Check the first cooler in the produce department on your right when you walk in the store for some of the freshest goods. They also have locally made energy bars for your hikes in the park, wonderful cheeses, honey, teas, crackers, granola and more treats that you won't find anywhere else. This is a great place to stop before heading out on a hike or for stocking up on great food at your house. If you need anything, just ask for Bob (the owner) or Robert (the GM) or Diane (cashier and front end manager) ... tell 'em Ariel sent you and they'll take good care of you!

TetonEats!

A Foodie Journal from The Clear Creek Group

P.O. Box 10609
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How to Prepare, Cook and Savor Mountain Morels

