False morel fungi
– poisonous when raw

LORCHEL, LOREL

Gyromitra Esculenta

Evira
How to prepare False morel fungi

False morels are poisonous when raw. They should be prepared as follows:

- **Boiling**

  False morel fungi should be boiled twice in plenty of water (1 part fungus to 3 parts water) for at least five minutes and rinsed after each boiling in copious amounts of water.

- **Drying**

  False morel fungi can be preserved by drying them so that they become crisp. The dried fungi should be soaked in water at least two hours before use (10 g fungus to 2 dl water). After soaking, the false morels should be boiled twice in the same way as the fresh fungi.

- **Remember!**

  When drying or boiling false morels there should be adequate ventilation. Water that has been used for soaking or boiling false morels should not be used for cooking.

- **Two different mushrooms:**

  **False morel fungi (poisonous)**

  - Korvasieni FI
  - Stenmurkla SV
  - Gyromitre, fausse morille, morille brune FR
  - Frühjahrslorchel, Giftlorchel DE
  - Strotshók, strochók RU

  **Morel (non-poisonous)**

  - Huhtasieni FI
  - Toppmurkla SV
  - Morille FR
  - Morchel DE
  - Smortshók, smortchók RU

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