

# False morel fungi

– poisonous when raw

LORCHEL, LOREL

*Gyromitra Esculenta*



# 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



### Finnish Food Safety Authority Evira

Mustialankatu 3, FI-00790 Helsinki, Finland  
Telephone +358 20 77 2003. Fax +358 20 77 24350  
[www.evira.fi](http://www.evira.fi)