

Ezra Alya Foraging

Morels (*Morchella* species)

A Guide to Preparing & Cooking Dried Morels

About Morels

Morels (*Morchella* species) are among the most prized wild mushrooms in North America. Their unmistakable honeycomb caps, rich earthy flavor, and meaty texture have earned them legendary status among chefs and foragers alike. Morels appear each spring after warm rains in forests, old orchards, burn areas, and beneath both hardwoods and conifers. Once dehydrated, their bold, nutty flavor becomes even more concentrated, making them an exceptional ingredient to enjoy throughout the year.

Why You'll Love Dried Morels

- Rich, earthy flavor with deep umami notes.
 - Meaty texture that holds up beautifully in cooking.
 - Long shelf life when stored in an airtight container.
 - Perfect for cream sauces, pasta, risotto, soups, gravies, and stuffing.
 - The soaking liquid is packed with incredible mushroom flavor—don't throw it away!
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How to Rehydrate

- 1 Place the dried morels into a bowl.
 - 2 Cover with warm water (or stock) and soak for 20–30 minutes.
 - 3 Gently swish the mushrooms to remove any grit hidden inside the hollow caps.
 - 4 Lift the mushrooms from the liquid instead of pouring them out.
 - 5 Strain the soaking liquid through a coffee filter or fine-mesh sieve.
 - 6 Cook thoroughly before serving and use both the mushrooms and the flavorful soaking liquid in your recipe.
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Chef's Tips

- Rehydrate with warm vegetable or chicken stock for even richer flavor.
 - Freeze leftover soaking liquid in ice cube trays for future recipes.
 - Morels pair beautifully with butter, garlic, shallots, thyme, sage, tarragon, Parmesan, cream, white wine, chicken, steak, eggs, asparagus, and fresh peas.
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Favorite Recipe Ideas

Morel Cream Pasta

Sauté rehydrated morels with butter, garlic, shallots, cream, Parmesan, and toss with fresh pasta.

Wild Morel Risotto

Use the soaking liquid as part of the cooking broth for incredible depth of flavor.

Creamy Morel Soup

Blend rehydrated morels with onions, garlic, broth, cream, and thyme.

Morel Cream Sauce

Serve over grilled steak, roasted chicken, pork chops, or mashed potatoes.

Herb Stuffing

Mix chopped morels into stuffing with celery, onions, butter, sage, rosemary, and parsley.

From the Forest to Your Table

Thank you for supporting **Ezra Alya Foraging**. Every mushroom is carefully harvested with respect for the forest and thoughtfully dried to preserve its exceptional flavor. We hope these Morels inspire memorable meals and a deeper appreciation for the abundance of the wild.