

Candied Chanterelles Mushrooms from the Forest

Ingredients

- 1 cup fresh chanterelle mushrooms
- 1 cup granulated sugar, plus a bit extra for sprinkling
- Pinch of cinnamon (about 1/8 tsp)

Steps

1. Gently wash your mushrooms and pat dry. In a medium-sized skillet combine the sugar and cinnamon with one cup of water. Bring to a simmer and add your mushrooms. Maintain a gentle simmer for about 30 minutes, until your mushrooms start to look almost translucent. Separate the mushrooms from the syrup.

2. Place the candied chanterelles on baking sheet, spread apart, and put in your oven on the lowest temperature. Leave until fairly dry. Place your mushrooms in a jar with a spoonful of sugar, and shake so the sugar sticks to any bits of the mushroom that might still be a little wet to avoid clumping. They should hold up nicely at room temperature in an airtight jar.

Note: Candying the mushrooms creates a syrup, which is a great bonus product- it can be used in drinks, baking, on vegan yogurt, and more.

