



French Pressed Chaga and Mushroom Tea By Chef Paul Rogalski



Serves 4-6

Chaga is one of those special ingredients that I had heard about but, until filming, I hadn't tried. Because of its wood-like density, it generally takes a few hours of simmering in water to release its flavor, color and mouthfeel. It is earthy and slightly bitter on the palate and aromatically similar to tree bark with a mushroom undertone. With this in mind, to expedite the flavor extraction I powdered

the chaga with a micro-plane grater, then used it to create this unique tea. Together, the flavors and aromas were rich and dynamic. The key to this tea is to never boil it. If you do, the aroma and flavor will change and some of the nuances will be lost. A French coffee press worked perfectly for this.

- 1 pound of mushrooms, purchased or safely foraged
- 3 green onions
- 1 shallot, chopped
- 2 quarts of water
- 1 cup of dark soy sauce
- A sprinkle of salt
- 4 tablespoons of chaga powder
- 1 small white cedar leaf (optional)

Using a food processor pulse the mushrooms, green onions and shallots until coarsely chopped. Alternatively, you can chop these ingredients with knife. Place ingredients in a large thick pot and add the water. Over low to medium heat and without stirring, bring the mixture to a very light simmer. Remove from heat, cover and let steep for 15 minutes. Stir in the soy sauce and salt to taste.

Place the chaga powder and a cedar leaf (optional) in the bottom of the coffee press.

If the mushroom broth has lost too much heat, bring it back to a very light simmer. Strain the hot mushroom broth into the coffee press. Place the lid on the press with the pressing plunger in place in the up position. Wrap in a tea towel to retain as much heat as possible and steep for 10 minutes. Press down the plunger and serve hot.