Identification
Common Name: Heavy Amidella (English), Silarca (Portuguese), Gurumelo (Spanish)
Botanical name: Amanita ponderosa Malençon & R. Heim
From: is one of the most charismatic wild edible mushroom from south of the Iberian Peninsula.

Habitat
Semi-buried mushroom, establish mycorrhizal symbiosis with cork-oak (Q. suber), holm-oak (Q. ilex) and Cistus species.

Fruiting period
Spring (January to Mars).

Morphology
Robust mushroom with white becoming pale yellowish-reddish cap. White gills that darken if dried slowly. White steam with veil and a membranous volva. Flesh is very firm with light pink staining.

Uses
This mushroom is a delight for traditional gastronomy. Used in stews, scrambled with eggs and in the preparation of exquisite meals.

Processing
It is consumed fresh but, after carefully clean, it can be kept in the cold until a week after picking. May also be stored in layers seasoned with salt and covered with olive oil.

Value
One of the most emblematic wild mushrooms from south regions of Portugal. Rich both for its flavor and texture.

Gastronomic tips
Excellent on its own is recommended for stews to take advantage of its unique flavor and firm meaty texture. Keeps its shape and texture when sliced or diced.