

Cream of Mushroom Soup

Serves four

FOR THE STOCK:

½ a TBS of olive oil
¼ of an onion
2 garlic cloves – peeled and smashed
the stems of 8 oz. of white button mushrooms and 4 oz. Shitake
1 small carrot – peeled and halved
1 celery stalk with leaves – halved
6 cups of water
2 bay leaves
5 to 6 parsley sprigs
5 to 6 thyme sprigs

Heat the oil and sauté the veggies until they start browning. Add the water and herbs. Bring the water to a boil, cover the pot and reduce the heat to low. Simmer your vegetable stock for about an hour until it is nice and concentrated.

Strain the stock when it is ready and set it aside.

FOR THE SOUP:

1 – 8 oz. (250 grams) container white button mushrooms
1 – 4 oz. (125 grams) container Shitake mushrooms
3 small or 1 large Portabella mushroom caps
2 ½ TBS unsalted butter
1 tsp. olive oil
1 small white onion – chopped
1 tsp. of fresh thyme leaves
Salt and Pepper
½ cup cream
Chopped parsley for garnish

Clean and slice all the mushrooms. Separate about ½ a cup of the white cap and Shitake slices.

Melt 2 TBS of butter in a pot and add the olive oil. Add the onion and the mushrooms and cook for 6 to 7 minutes until the mushrooms start to brown. Add the strained stock and season with salt and pepper to taste.

Bring the soup to a boil, cover the pot and reduce the heat. Simmer the soup for about 20 minutes. If you have an hand held blender immerse it into the pot and blend it. If you do not, cool it down a little and blend. Return creamed soup to the pot. Taste for salt and adjust.

Add the cream to the blended soup and heat through. Garnish with browned mushrooms and chopped parsley.

FOR THE BROWNE MUSHROOMS:

Melt the remaining butter in a skillet and add the sliced mushrooms you set aside. Add some salt and pepper and cook until mushrooms are browned stirring occasionally. Set aside and use as garnish for your soup.

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