



FOUR WALL FARM GOURMET MUSHROOMS

ESSENCE OF MUSHROOM SOUP

How comforting is a simple bowl of cream of mushroom soup? There are many, many more types of mushroom soup than the one that comes in the red and white can, but it was that can of soup that first had me falling in love with mushrooms and cream sometimes simple is best—KC

INGREDIENTS:

8 oz oyster mushrooms—I like blues or pearls for this soup
1 tbsp olive oil
1 tbsp butter
1 tsp onion powder
1/2 tsp garlic powder
1/2 tbsp salt
1/4 cup white wine
1 tbsp flour
3 cups stock*
1/2 cup milk
1/2 cup heavy cream (increase cream and decrease milk for thicker soup)



- For this, before I prepare the mushrooms, I boil 2 dried shiitake mushrooms in 3 cups of water for 5 minutes, then let it sit for 15. If you don't have dried mushrooms available, use any light stock.

INSTRUCTIONS:

Separate your stems from the heads of the mushrooms. Mince the stems small. Dice the mushroom heads as you prefer - larger will mean you have to chew, smaller means you can slurp.

Combine the butter and olive oil in a sauce pot over high heat. When the butter is melted, add the minced stems, and stir for about 30 seconds. Add the onion and garlic powder and stir for about 30 seconds more. Add the rest of the mushrooms and the salt. Stir, then lower temperature to simmer, cover, and cook for about 3 minutes. Turn the heat back up to high. Add the wine. Stir and cook for another couple of minutes, then sprinkle the flour. Continue to stir as it thickens. After another 3-5 minutes (make sure it doesn't burn!) add the stock (I discard the shiitakes, if I've made mushroom stock). Stir gently until incorporated. Lower the temperature and simmer for ten minutes. Add milk and cream, bring to a simmer again, and let it go for 5 minutes—careful that the cream doesn't come to a full boil. I like a bit of garlic bread or crackers and brie with my mushroom soup.

