

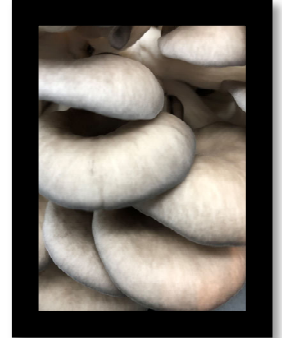


OYSTER (MUSHROOM) CHOWDER

A vegan café down the street gave me my first taste of “vegan clam chowder”. I’m not vegan, but it smelled so good I had to try. Now, I love a thick New England clam chowder (I lean towards the stand your spoon up in it camp) and I have to admit I started with the assumption that if it’s vegan, it won’t have texture. I was wrong! So I started cooking...the most challenging thing to find were the seaweeds, which I got at a larger health food market. My husband didn’t actually believe it was vegan! But lighter, yet fool of creamy goodness, this is a great soup for cozying in when it’s cold.

INGREDIENTS:

8-14oz oyster mushroom (add trumpet for texture, if you like) chopped small
1 tbsp olive oil
1/4 cup dulse, minced & divided in half
1 piece kombu, broken into bite size pieces
1 piece wakame, broken into bite size pieces (optional)*
2 tsp + 1tsp salt
1/4 tsp fresh ground pepper
6-8 cups water
1 large onion, minced (approximately 1 1/2 cups)
1 clove garlic, minced
2 small or 1 large red potato, peeled and diced 1/2 inch
Cashew cream (1/2 cup raw cashew + 3/4 cup boiling water)



* I have made this with or without the wakame. I like the additional sea flavor that it gives, but it’s good both ways

INSTRUCTIONS:

Cashew cream: Boil the 3/4 cup water and add 1/2 cup cashews + 1 tsp salt. Let it sit for 15 minutes, then BLEND in a high powered blender about 30 seconds, until it’s a cream.

In a soup pot, over a medium low flame, heat the tablespoon of olive oil. Once ready to sizzle, add half of the minced dulse. Toast about 30-45 sec the color will change slightly. Don’t scorch it. Add mushrooms and 2 tsp salt, turn up the heat to medium high or high and sauté, stirring, for about 3 minutes, then add the onions and garlic and continue to sauté until onion is translucent (about another minute and a half). Add kombu, wakame and water. If you like a thicker chowder, add between 6 & 7 cups water, otherwise, add the full 8. Bring to a boil and then reduce flame and hold at a high simmer for about 10 minutes. Add the pepper and the potatoes and continue to cook until the potatoes are just tender (about 5 minutes). Add the cashew cream and mix, cooking for an additional 5 minutes. At this point you can again adjust the thickness, if you want to make it thicker, you can cook it longer, or adjust to make it thinner by adding water. Taste and adjust the salt as needed. Enjoy!

