

TASTE WITHOUT WASTE

Mushroom Soup

Serves 3 – 4.

Ingredients

30g butter
1 small brown onion, peeled and finely chopped
2 cloves garlic, crushed
375g field mushrooms, wiped with a damp paper towel and cut into rough 1 inch pieces, stalks and all
1 sprig rosemary, leaves picked
2 sprigs thyme, leaves picked
¼ tsp ground nutmeg
1 tbs dry sherry (optional)
2 slices thin white sandwich bread, roughly torn
1 Litre vegetable stock
¼ tsp sea salt
½ tsp black pepper
60ml milk
Chives, finely chopped

Method

Melt the butter in a large saucepan over a low heat. Once the butter is foaming, tip in the onion and sweat gently for approximately 3 minutes or until softened but not coloured. Add the garlic and cook, stirring constantly, for a minute.

Add the mushrooms, rosemary and thyme. Stir well to coat in butter then cover and cook gently for 10 minutes. Stir halfway through and check that the mushrooms have started to release their juices.

Stir through the nutmeg and pour in the sherry. Allow it to 'fizzle' for about thirty seconds then tip in the torn up bread. Stir well and pour in the vegetable stock. Bring to the boil then reduce to a simmer and cover. Cook gently for another 10 minutes.

By now the bread will be nice and mushy and the soup will look revolting. That's a good thing! Remove the soup from the heat and leave to cool for 15 minutes or so. Tip into a blender, add the salt and pepper (taste and adjust seasoning to your liking) and whizz until smooth.

Transfer the blended soup back to your pot and stir through the milk. Reheat gently.

Serve garnished with finely chopped chives and crusty whole-grain bread or croutons.

Source: Significantly adapted from Sam Stern's Cooking Up A Storm.

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