

MUSHROOM SOUP

INGREDIENTS

30g / 2 tbsp unsalted butter
1 onion , chopped
2 garlic cloves , minced
400g white mushrooms
200g Portabellini Mushrooms
800 ml vegetable stock or chicken stock
1/4 tsp salt , cooking/kosher
pinch tsp black pepper
200 ml crème fraiche or cream

INSTRUCTIONS

Step 1: Chopping mushrooms: Cut mushrooms into 4 slices, then dice into 3 or 4 pieces.

Step 2: Melt butter in a large pot over medium high heat. Add onion and garlic. Cook for 3 minutes until softened, but not golden.

Step 3: Add mushrooms and cook for 10 minutes, stirring regularly. Do not try to brown; they won't as the pot is too crowded but we do not need colour.

Step 4: Add vegetable stock, salt and pepper. Bring to a boil, then lower heat to medium and simmer gently for 15 minutes without a lid.

Step 5: Stir in cream (or crème fraiche), then simmer for another 5 minutes

Step 6: Transfer to a blender (do in batches, if necessary). Remove the cap from the feeding hole in the blender lid (Note 5), cover the hole with a folded tea towel. Blend until completely smooth.

Step 7: Return to pot, simmer for a minute or two until bubbles caused by blending largely subside and soup is hot.

Step 8: Serve: Ladle into bowls. Garnish with a drizzle of extra virgin olive oil or cream, croutons and parsley or (if you're feeling a bit fancy), chervil. Don't forget bread for dunking!

THE COOKERY

by The Secret Jozi Chef