
Creamy Mushroom Soup

A winner of a Food52 contest

The Food52 Cookbook

Internet Address:



1 pound mushrooms, mixed variety, cleaned, stems separated from caps

1 pound cremini mushrooms, cleaned, stems separated from caps

1/2 cups minced shallot

6 sprigs thyme

1 sprig rosemary

1/4 cups cognac

3 tablespoons olive oil

salt & pepper to taste

4 cups chicken stock, rich homemade [I used Penzey's soup base]

1/4 cup whipping cream

1/4 cup chopped chives

Soups

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

If you like a bit more substance to the soup, add in a bit of rice (maybe 3 T. or so) or use some (leftover) cooked potato that you cube up and heat just at the end. Don't COOK the potatoes in it as they'll likely disintegrate. You don't want that. You can also add some milk or fat-free half and half to this to make another serving or so. It doesn't appear to dilute the flavor.

1. Rough chop the mushroom stems and simmer them, covered, in the chicken broth for about an hour.
2. In the meantime, heat the oil in a large skillet, and saute the shallots until transparent. Add the herbs and salt & pepper liberally.
3. Beautifully and precisely chop the mushroom caps into a 1/2" dice. Add them to the shallots as they are chopped. Keep the heat very low and cook gently until the mushroom liquid is released and reabsorbed [about 20 minutes or so]. Shake the pan so they don't stick. Remove the thyme and rosemary. [I didn't do that step as I used dried herbs.]
4. Turn up the heat and add the cognac. Flame it if you're feeling really chef-y. Cook the mushroom cap/shallot mixture down (after cognac) until well reduced and starting to turn a little golden on the edges.
5. Strain the mushroom stems from the chicken broth [and discard them].
6. Add the beautiful mushroom cap and shallot mixture to the strained broth and heat gently.
7. Swirl in the cream and chives and serve. Or serve in small sipping cups topped with chives and lightly whipped cream, if you want to get fancy.

Per Serving (excluding unknown items): 190 Calories; 12g Fat (59.5% calories from fat); 5g Protein; 13g Carbohydrate; 4g Dietary Fiber; 14mg Cholesterol; 1445mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.