

Mushroom Soup without Cream

Adapted from a New York Times recipe



- 1/2 ounce dried mushrooms, prefer porcini, or a mixture of dried mushroom types
- 1 tablespoon olive oil
- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 2 medium shallots, peeled, chopped
- 1 large leek, white and light green part only, sliced lengthwise, then chopped, rinsed well
- Salt to taste
- 1 1/2 pounds mushrooms (white and cremini) sliced
- 4 ounces shiitake mushroom, stems discarded, sliced
- 5 cups low sodium chicken broth, or mushroom stock or vegetable stock
- 1 bay leaf
- 2 teaspoons dried thyme, crushed between your palms
- Freshly ground pepper to taste
- 2 tablespoons soy sauce
- 1 tablespoon dry sherry, to taste (optional) (1 to 2)
- 1/2 cup low-sodium chicken broth
- 1/3 cup Italian parsley, chopped (garnish)

Per Serving (excluding unknown items): 215 Calories; 7g Fat (26.7% calories from fat); 15g Protein; 28g Carbohydrate; 5g Dietary Fiber; 10mg Cholesterol; 792mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 1 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 6

NOTE: I use Custom Culinary Mushroom Base - for the recipe to serve 6 I used a heaping tablespoon (plus the water, of course) in lieu of the low sodium chicken broth. It's available from Amazon.

1. Place the dried mushrooms in a bowl or pyrex measuring cup and cover with 1 cup boiling water. Let sit for 30 minutes. Remove mushrooms and discard the water. (Some chefs use the hydrating water, but most dried mushroom packages recommend discarding the water as it often has "off" flavors.) Chop up the rehydrated mushrooms in small pieces and set aside.
2. Heat the olive oil and butter over medium heat in a large, heavy soup pot or Dutch oven and add the onion, shallots and leek and a pinch of salt. Cook, stirring, until tender and, about 5 to 8 minutes. Do not brown. Add fresh and reconstituted mushrooms and cook, stirring, until they begin to sweat and smell fragrant, 3 to 5 minutes.
3. Add the broth, bay leaf, thyme, soy sauce and salt to taste, and bring to a boil. Reduce the heat, cover and simmer 45 minutes. Remove the bay leaf.
4. If desired, you may blend the soup until smooth. Taste and adjust salt, and add pepper and the sherry, if using. Add the extra half cup of stock and heat through, stirring. If the soup seems too thick, thin out a little more but remember to taste and adjust seasoning. Serve in espresso cups or in bowls, garnishing each serving with chopped Italian parsley.