

Cream of Mushroom Soup

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

Step 1: Preparing Your Mise en Place

- 3/4 cup onions
- 2 cloves garlic
- 6 cups mushrooms
- 4 tbsp oil or butter*
- 4 tbsp all-purpose flour
- 4 cups liquid**
- 1/4 cup dry sherry

To prepare your mise en place, finely dice the onions and emince the garlic.

Clean the mushrooms and slice into 1/4" -inch pieces. Set aside.

Measure out the butter, sherry, flour and liquid. Set aside.

*Note: The fat can be either oil, butter or non-dairy butter.

**Note: The liquid can be vegetable stock, milk or even non-dairy milk.

Step 2: Making & Serving the Soup

- sea salt (to taste)
- freshly ground black pepper (to taste)
- 1/2 cup cream (optional)*
- garnish (optional)

To make the soup, melt the butter in a medium-sized pot over medium-high heat. Add the onions along with a pinch of salt. Saute until the onions are golden.

Turn up the heat and add the mushrooms along with another pinch of salt and some pepper. Saute the mushrooms until they release their moisture. Cook until they are browned. Add the garlic and saute for 30 seconds or so to release its aroma. Deglaze with the sherry.

Next, singer with the flour and stir to combine. Temper in the liquid, a bit at a time. Turn the heat up to medium and bring the soup to a simmer. Stir often to make sure the bottom does not scorch. Simmer the soup until the mushrooms are tender. Season to taste.

If serving the soup as is, you can finish it by tempering in the cream (optional).

*Note: For plant-based, either omit the cream or use a non-dairy substitute. Alternatively, you could add a bit of Cashew Sour Cream to finish.

Alternatively, if you choose to blend the soup, transfer it to a blender and blend until smooth. You may need to do this in batches. Return the soup to a clean pot and bring just to a simmer. Season to taste with salt and pepper and temper in the cream, if using.

Serve in warmed bowls.

Note: Items such as sautéed mushrooms, croutons or a drizzle of truffle oil would go well with this soup.