

LOVE THY CARROT

real food made with love

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MUSHROOM SOUP WITH SHERRY AND TRUFFLE OIL

INGREDIENTS

- 2 Tbsp olive oil or butter, a bit more if needed
- 1 ½ pounds of brown mushrooms or a variety of mushrooms
- 1 medium onion, thinly sliced
- 1 large carrots, chopped
- 1 stalk of celery, chopped
- 3 cloves garlic, minced
- ¼ cup dried mushrooms, soaked in warm water for 15 minutes
- 5 cups of water
- Salt and pepper to taste
- Chives or flat leaf parsley for garnish
- a big splash of sherry to taste
- truffle oil a few drops to garnish

DIRECTIONS

1. In a large saucepan, melt 2 tablespoons butter or olive oil over medium heat and add the onion, celery and garlic. Cook for 5 minutes until the onion is soft and translucent.
2. Then add the fresh mushrooms, dried mushrooms (with the water they were soaking in, taking care not add any of the dirt which may have settled in the bottom), carrots and more oil or butter if necessary.

3. Let the mixture cook over medium heat for about 8 to 10 minutes taking care that the onion doesn't take on any brown colour.
4. Stir in the water and bring to a boil.
5. Immediately reduce the heat and simmer (covered) for about an hour.
6. Let soup cool for a few minutes then transfer to a blender or food processor and *carefully* blend at high speed until smooth. Do this in stages and remember to hold the blender lid down.
7. When blended, return the mix to the pot, season with salt and pepper, and bring up to a simmer again. Add the sherry, mix well, and serve immediately with a drizzle of truffle oil and a sprinkle of fresh chives.

COOKS NOTES

I do not blend the whole pot of soup, I do about half the soup as I like my soup to have some texture.

I like to make this soup a day ahead I find the flavours more intense. But it is delicious the same day too.