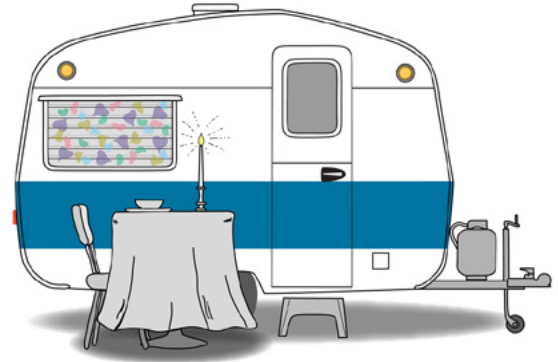


CREAM of MUSHROOM SOUP

Serves 6.

By Dennis W. Viau; modified from internet recipes.

Who hasn't grown up with occasional cans of Campbell's Cream and Mushroom Soup? Making your own soup from scratch gives you the opportunity to experiment with ingredients and avoid preservatives and other chemicals. This soup is smooth and mild, and delicious!



Ingredients:

¼ cup (60g) unsalted butter
1 medium onion, diced
3 cloves garlic, minced
1½ pounds (680g) cremini (or mixed*) mushrooms, thinly sliced
Salt and freshly ground black pepper to taste
½ cup (120ml) white wine (or vermouth)
4½ cups (1.1 liters) chicken broth
1 cup (240ml) heavy whipping cream
½ teaspoon dried thyme
2 tablespoons cornstarch (more if desired)

Directions:

Melt the butter in a large stock pot or Dutch oven over medium heat. Add the onion and cook until tender and translucent, stirring occasionally, about 5 minutes. Add the garlic and cook until fragrant, about 1 minute. Season with salt and pepper. Add the mushrooms and cook, stirring occasionally, until lightly browned, 6 to 8 minutes.

Add the wine, stir, and bring to a boil. Reduce the heat to low and simmer to reduce the volume to about three quarters, 2 to 3 minutes. Add the chicken broth, heavy cream and thyme. Stir to blend.

Mix the cornstarch in ¼ cup (60ml) of cold water until blended. Add to the pot and stir to combine. For a thicker soup, increase the cornstarch. Bring the soup to a gentle boil and simmer until slightly thickened, 1 to 2 minutes. Remove from the heat. Taste for salt and pepper.

Serve alone or with soup crackers. Can be garnished with a little chopped fresh parsley or minced chives.

*I used 1 pound (450g) cremini mushrooms and ½ pound (240g) chopped shiitake mushrooms.