



Stretewise - The Village Magazine - Recipes

Mushroom Soup

Ingredients:

- 12oz Flat Mushrooms (diced)
- 1 Medium Onion
- 1tbsp Olive Oil
- 2oz Butter
- 1tbsp Plain Flour
- $\frac{3}{4}$ pint Vegetable or Chicken Stock
- $\frac{3}{4}$ pint Milk
- Salt and Ground Black Pepper
- Chopped Parsley to Serve

Method:

Finely chop the onion and add to the oil and half of the butter melted in a large saucepan. Simmer gently until onion is translucent then add three quarters of the mushrooms. Cook for a further two or three minutes, stirring regularly. Cover and sweat over a gentle heat for about ten minutes. Stir in the flour and cook for one or two minutes. Gradually add stock and milk, stirring to a smooth sauce. Season to taste. Bring to the boil and simmer for about twenty minutes. Cool slightly before blending until smooth.

Meanwhile fry the remaining mushrooms in butter until tender. Pour soup back into the saucepan and add the fried mushrooms. Reheat and serve with a garnish of chopped parsley.

Some additional notes

This recipe has been provided by a renowned cook in the village who wishes to remain anonymous. The recipe is supposed to be for 4 servings but her husband clearly has a healthy appetite and I reckon it could be stretched to 6 servings especially if it is watered down a little. Some may prefer a less thick soup and adding a little water will not detract from the taste.

I am not particular when I make it and find that using the supermarket's basic range of mushrooms is equally as good as the flat mushrooms advised in the recipe. If you try this soup, I can guarantee it is vastly superior to any of the canned varieties.

Contributed by Roger Sinnott

