

Mushroom Velouté Soup



Mushroom Velouté Soup Recipe

This soup can be made vegan; substitute butter for olive oil and milk for almond milk or water.

Serves 6

Porcini Stock

Soak 1/2 ounce (15g) dried porcini mushrooms in 2 cups (500ml) hot water and refrigerate overnight or store up to 5 days.

Mushroom Stock

Mushroom stems and gills

1 medium size onion, unpeeled and quartered

1 tsp black peppercorns

3 sprigs fresh thyme

1 parsley stem

1 carrot, unpeeled, scrubbed and chopped

One-third of the leek greens and bottoms

2 cups (500ml) water or chicken stock

1.6 cups (400ml) porcini stock (save rehydrated porcini for the soup).

Mushroom Soup (no flour needed to thicken it)

1 lb. (450g) mixed mushrooms such as cremini, portobello, shiitake, oyster, porcini (cèpes)...

2 Tbsp (30ml) extra virgin olive oil

2 Tbsp (30g) unsalted butter

2 ea. leeks, white parts only, washed and minced

3 Tbsp (45ml) Marsala, Madeira or white wine

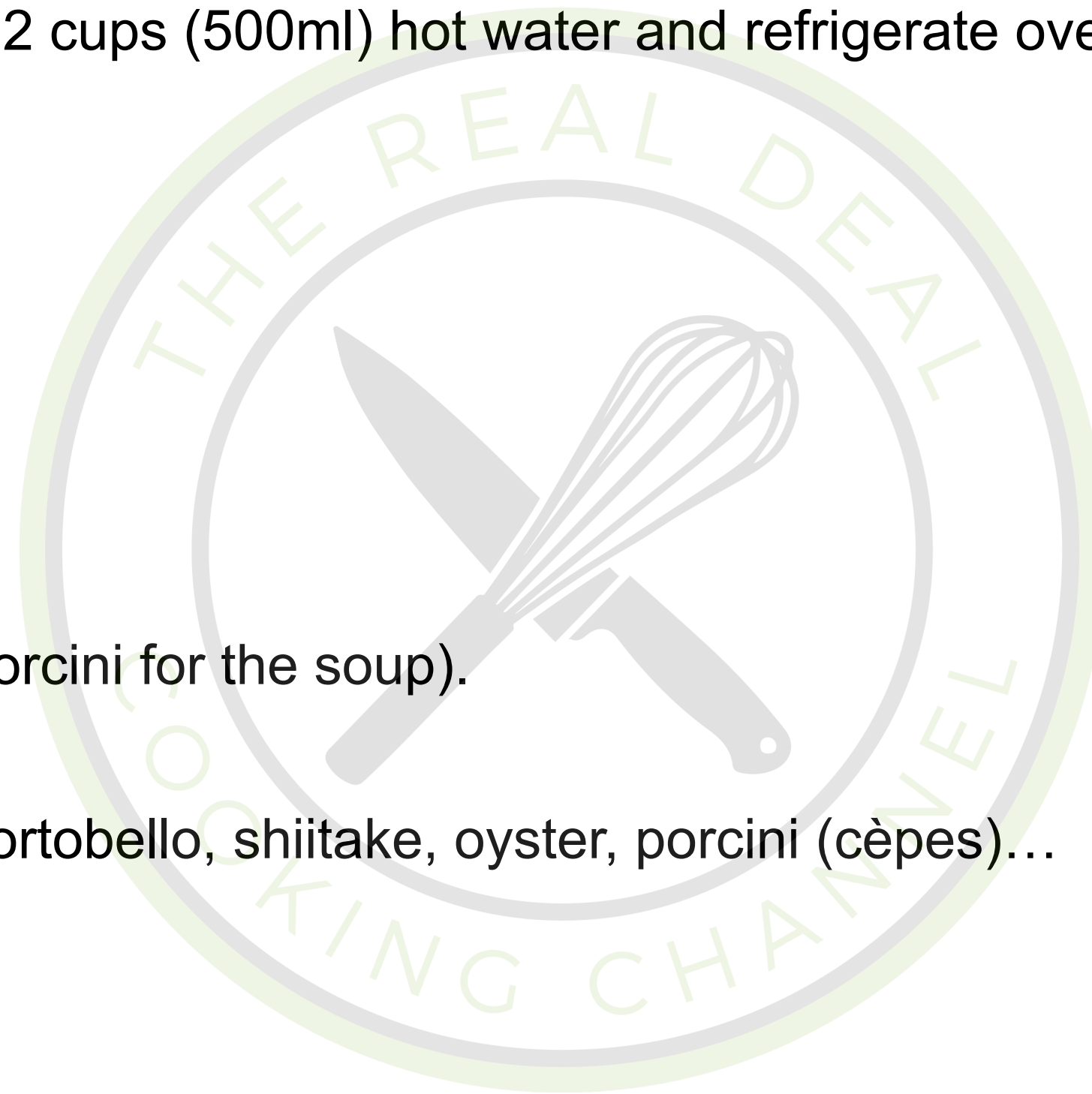
Mushroom stock (discard solids)

1 cup (250ml) milk (use almond milk if vegan)

Salt / white pepper to taste

For blending

5 Tbsp (75g) unsalted butter, quartered and chilled or use heavy cream or olive oil.*



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Method

Soak dried porcini mushrooms overnight. Drain and save stock and rehydrated porcini. Clean mushrooms by immersing them quickly in water and pat dry. (Most mushrooms should be washed rather than being brushed out except for very specific ones as fresh porcini / cèpes actually). Remove stems and gills if using portobello and save them for the stock. Cube mushrooms and set aside. Bring mushroom stock to boil, cover and simmer for an hour. Drain and discard solids. In a large pot or Dutch oven, sweat the minced leeks with olive oil and butter for about 10 minutes. Stir in cubed mushrooms (fresh mushrooms and rehydrated porcini) cover and cook for 15 minutes on medium heat. Deglaze with marsala and reduce to dry. Add stock and milk, salt and pepper, cover and cook for 30 minutes. Blend half of the soup with 5 Tbsp (75g) butter or heavy cream or olive oil and add it into the remaining soup. Add garnishing if desired and serve!.

*A blender will give you the smoothest result, due to its high speed and vortex action. Adding fat during this process adds a rich texture to the soup.

Garnishing (optional)

1/2 lb. (225g) mushrooms of your choice (here are baby shiitake with stems on and shimeji)

1 Tbsp (15ml) olive oil

1 Tbsp (15g) butter

3 shallots, minced

A bunch Italian parsley, thinly chopped

Panko breadcrumbs; about a tablespoon per serving

A drizzle of white truffle oil or truffle shavings or extra virgin olive oil

Ground white or black pepper / Fleur-de-sel / lemon zest

Method

Sauté mushrooms in a very hot frying pan for a few minutes with olive oil. Add minced shallots and sauté for 5 minutes more, then add butter and continue sautéing until glossy and golden brown. Season with salt, bread crumbs and parsley. Transfer to a clean plate to stop cooking.

Plating

Top soup with some sautéed mushrooms. Season with fleur-de-sel and ground pepper. Add a drizzle some truffle oil and lemon zest. Serve hot!