

Mushroom Soup

Serves 6

Adding Parmigiano Reggiano cheese at the end of cooking lends richness to this broth-based soup.

1 pound (450 grams) fresh shitake mushrooms (or 1/2 porcini, 1/2 brown)
2 large waxy potatoes
2 cloves garlic
2 large shallots
2 teaspoons chopped oregano
2 tablespoons chopped Italian parsley
4 tablespoons olive oil
4 tablespoons butter
1 tablespoon flour
5 pints (3 litres) chicken stock (or 2 store-bought low-sodium boxes)
15 small pieces Parmigiano Reggiano cheese
sea salt & freshly ground black pepper

Keep the stock warm while preparing the rest of the ingredients.

Dice the garlic, shallots, oregano and parsley very finely. Set aside. Dice mushrooms into slightly bigger pieces. Set aside. Peel and dice potatoes very finely. Heat a large saucepan or stock pot over medium. Add butter and olive oil then potatoes. Sprinkle with a bit of salt. Sauté for 3 minutes. Add mushrooms, shallots, garlic, herbs, 1/4 teaspoon salt, 1/4 teaspoon pepper. Cook for another 7-8 minutes until mushrooms are soft. Add flour, mix well, cook for 2 minutes, then add stock. Simmer, uncovered, for 15 minutes. Adjust salt & pepper to your preference. Add Parmigiano and cook for another 5 minutes. Serve immediately. Toasted or buttered baguette slices make a nice accompaniment.