



CREMINI MUSHROOM SOUP

Makes 4–6 servings.

Mushrooms are one of my favorite fall/winter vegetables.

This soup has a creamy consistency and a distinct mushroom flavor.

INGREDIENTS

- ½ an ounce dried porcini mushrooms
- ¾ cup boiling water
- 5 tablespoons extra-virgin olive oil
- 1 onion, coarsely chopped
- 2 garlic cloves, coarsely chopped
- 1 pound cremini mushrooms
- 3 cups vegetable broth
- 1½ cups unsweetened soy milk
- Small bunch dill, leave some for garnish
- 2 tablespoons lemon juice
- Kosher salt
- Freshly ground black pepper

PREPARATION

Place the porcini mushrooms in a small bowl and pour boiling water over them. Cover and let stand for 15 minutes.

1. Strain the mushroom liquid through a fine mesh sieve and squeeze the mushrooms over the sieve to extract more liquid (if you do not have a mesh sieve, line a colander with a paper towel). Set liquid aside. Wash soaked mushrooms carefully to remove any sand, only if needed. Set aside.
2. Wipe the cremini mushrooms with a damp paper towel and quarter (it is not necessary to trim the stems).
3. Heat 2 tablespoons olive oil in a medium saucepan and sauté the onion and garlic for a few minutes. Add the remaining oil, the reconstituted porcini mushrooms and the cremini mushrooms. Sauté over high heat, stirring until the mushrooms are almost wilted.
4. Add the mushroom liquid, 2½ cups broth, soy milk and dill. Bring to a boil over high heat, lower the heat and cook covered for 20 minutes.
5. Remove the dill and puree everything in a Vitamix until smooth. Adjust the consistency with the reserved ½ cup broth.
6. Season to taste with lemon juice, salt and pepper.
7. Garnish with dill snipped with scissors.

NOTE

Unfortunately, unlike most of my soups, I do not recommend freezing this one. The soy milk tends to separate and the soup loses its creamy consistency.