

Clare's Magic Mushroom Soup

Serves 4

This soup uses regular, white cremini mushrooms though you could mix in any other kind (but probably wiser to stay away from the hallucinogenic ones!). It was devised by our daughter Clare and described as 'magic' by our customers. We generally use a long-grained white rice in the recipe but I have used left-over wild rice too which gives it a lovely earthy flavour.

1 tbsp olive oil
1 cups (1 medium) onion finely chopped
1 clove garlic, minced
½ tsp dried dill
1 bay leaf
8oz/225g mushrooms, chopped
¼ cup cooked rice
2 sticks celery, finely chopped
2 carrots, finely chopped
2 pints/1ltr vegetable stock
¼ tsp nutmeg
½ tbsp dried parsley
1 tbsp tamari
salt and pepper to taste

Heat the oil in a large saucepan and gently sweat the onion, celery and carrot, covered, for 10 minutes. Add garlic and mushrooms, and continue gently frying for another 10 minutes. Add stock, the rest of the ingredients and seasonings, except tamari. Simmer for 30 minutes, remove bay leaf add cooked rice and puree until smooth but still a little textured. Add tamari to taste. Check seasoning, reheat and serve with a swirl of cream and/or a garnish of fresh herbs or pesto.

Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.

