



ME Recipe: Cream of Mushroom Soup

Adapted from *Mastering the Art of French Cooking*, Julia Child

Ingredients/Directions:

- 1/4 cup minced onions
- 3 Tablespoons ghee or pasteurized butter

Cook the onions slowly in the butter for 8 to 10 minutes, until they are tender but not browned.

- 3 teaspoons arrowroot powder*

Add the arrowroot powder over moderate heat for 3 minutes without browning.

- 6 cups boiling chicken stock or chicken broth, and 2 flat leaf parsley sprigs, 1/3 bay leaf, and 1/8 teaspoon thyme
- Salt and pepper to taste
- The chopped stems from 3/4 to 1 pound fresh mushrooms, any kind or a variety of different kinds.

Take pot off heat, beat in the boiling stock or broth and blend it thoroughly with the flour. Season to taste. Stir in the mushroom stems, and simmer partially covered for 20 minutes or more, skimming occasionally. Strain and press juices out of mushroom stems. Return soup to the pan.

- 2 Tablespoons ghee or pasteurized butter
- 3/4 to 1 pound fresh mushrooms caps, thinly sliced
- 1/4 teaspoon salt
- 1 teaspoon lemon juice



Melt the butter in a separate saucepan. When it is foaming, toss the mushrooms, salt, and lemon juice. Cover and cook slowly for 5 minutes.

Pour the mushrooms and their cooking juices into the strained soup base. Simmer for 10 minutes. *If not to be served immediately, set aside uncovered, and film surface with a spoon of coconut cream. Reheat to simmer just before proceeding to the step below, which will take 2 to 3 minutes.

- 2 egg yolks
- 1/2 to 3/4 cup of a 14.5-oz. can light coconut milk*

Beat the egg yolk and coconut milk in the mixing bowl with a wire whisk. Then beat in hot soup by spoonfuls until a cup as been added. Gradually stir in the rest. Correct seasoning. Return the soup to the pot and stir over moderate heat for a minute or two to poach the egg yolks, but do not let the soup come near the simmer.

- 1 to 3 Tbs. pasteurized butter, soften
- Optional garnishes: Mushroom caps cooked in butter and lemon juice and/or 2 or 3 Tb minced fresh chervil or parsley

Off heat, stir in the butter by tablespoons. Pour the soup in a tureen or soup cups, and decorate with optional mushrooms and herbs.

*These have been substituted for flour and cream.