



Hungarian Mushroom Soup

Makes: 12 servings

Prep Time: 45 minutes Cook Time: 45 minutes

Total Time: 1 hour & 30 minutes

Ingredients

For the Soup:

- 1 tbsp extra virgin olive oil
- 1 tbsp unsalted butter
- 1 large sweet onion, roughly chopped
- 2 medium shallots, roughly chopped
- 1 large yellow bell pepper, roughly chopped
- 2 tsp sweet paprika
- 2 tsp smoked paprika
- 1 tsp dry oregano
- 1 tsp dry thyme
- 4 medium cloves garlic, roughly chopped
- 8 cups low-sodium broth, chicken or vegetable
- 2 medium carrots, scrubbed and roughly chopped
- 10 ounces frozen cauliflower rice
- 2 tbsp low-sodium soy sauce
- 2 tsp brown sugar
- 1 tsp kosher salt, more to taste (I use Morton's)
- 1/2 tsp black pepper
- 2 medium bay leaves
- 1/2 cup heavy cream
- 1/4 cup finely chopped fresh dill, as an alternative, you can use 2-3 teaspoons of finely chopped fresh rosemary

For the Mushrooms:

- 24 ounces Crimini mushrooms (aka mini Bellas), thinly sliced (or a mix of mushrooms)
- 1/4 cup low-sodium chicken or vegetable broth
- 2 tbsp low-sodium soy sauce
- 1 tbsp butter

For the Chicken: (optional)

- 1-1 & 1/2 pounds chicken breast
- 1 large egg white
- 1 tsp corn starch
- 1 tsp vinegar, any kind you like
- 1 tsp extra virgin olive oil

Instructions

For the Soup:

Heat a large Dutch oven or soup pot over medium heat. Add the butter and oil and swirl the pan until the butter is melted. Add the onions, shallots, bell pepper, smoked paprika, sweet paprika, oregano and thyme and stir to combine.

Cook for 4-5 minutes, stirring occasionally until the veggies are soft and the onion is translucent. Add the garlic and cook for another minute, stirring frequently.

Add the broth, carrots, cauliflower rice, soy sauce, brown sugar, salt, pepper and bay leaves. Bring the mixture to a boil then reduce to a steady simmer and cook, uncovered, for 20-25 minutes or until the carrots are nice and tender.

While the soup is simmering, prepare the mushrooms and the chicken, (if using). See preparations below.

Remove the pot from the heat and discard the bay leaves. Using an immersion blender or a regular blender, puree the mixture until nice and smooth.

NOTE: If using a regular blender, be sure to allow the mixture to cool a bit before blending and vent the blender by removing the center cap. When blending, cover the opening in the blender top with a funnel, a clean kitchen towel or several thicknesses of paper toweling.

Add the sautéed mushrooms to the soup, place the soup over medium heat and bring to a simmer. Once the soup is simmering, add the prepared chicken and stir well to separate the pieces. Cover the pot, turn off the heat and allow the soup to sit (undisturbed) for 10 minutes.

Uncover and add the heavy cream and fresh dill (or rosemary). Stir to combine then take a little taste and adjust the seasoning, if needed, with more salt and pepper. Ladle into bowls and top with a spoonful of sour cream and a little extra dill (or rosemary) Serve and enjoy!

For the Mushrooms:

Combine the sliced mushrooms, broth and soy sauce in a large skillet over medium-high heat. Cook, stirring constantly for 1-2 minutes until you notice the mushrooms starting to give off their liquid. Continue to cook for 8-12 minutes, stirring occasionally, until almost all of the liquid in the pan has been evaporated.

Push the mushrooms to the sides of the pan, creating an open space in the center. Add the butter and let it melt then stir the mushrooms thoroughly to coat with the butter.

Spread the mushrooms to an even layer and reduce the heat to medium. Allow them to cook without disturbing for 1-2 minutes until the undersides turn golden brown. Stir and repeat browning and stirring 2-3 times until the mushrooms are nicely browned. Set aside.

For the Chicken:

In a medium-size bowl, combine the egg white, corn starch, vinegar and oil. Stir with a whisk or a fork to combine.

Cut each chicken breast into strips approximately 3/4-inch wide. Cut the strips into bite-size pieces and add to the egg-white mixture. Stir well to coat the chicken then allow the chicken to velvetize (marinate) for 15-20 minutes before adding to the soup. (See directions above under “For the Soup”)

Recipe from The Cafe Sucre Farine