

Sip, Slurp and Savour ...

French Mushroom Soup

Contributed by **Mushrooms Canada** and to be served by
Hockey Legend and Toronto Maple Leafs goalie, **Johnny Bower**

Ingredients

- 1/4 cup butter 50 mL
- 1 lb. fresh Mushrooms, thinly sliced 500 g
- 1/3 cup flour 75 mL
- 6 cups chicken broth 1.5 L
- 1/2 tsp dried thyme leaves 2 mL
- 1 bay leaf 1
- 2 large egg yolks
- 1/2 cup whipping cream 125 mL
- White pepper to taste
- 2 tbsp minced parsley 25 mL

Method

In large heavy soup pot, melt butter over medium heat; sauté mushrooms for 5-6 minutes or until moisture from mushrooms has evaporated; sprinkle flour over mushrooms and cook 1 minute. Gradually stir in broth; bring to boil, stirring constantly. Add thyme, bay leaf and green onions; reduce heat and cover. Simmer 15- 20 minutes. Remove bay leaf. In small bowl whisk egg yolks with cream; stir 1cup (250 mL) hot broth into cream mixture and then return all to saucepan. Heat over low heat until hot about 5 minutes; add pepper to taste. Serve sprinkled with parsley.

Note: If table cream is substituted and allowed to boil it will curdle.

Variation: Add ¼ cup (50 mL) medium sherry.

This recipe yields 8 servings



mushrooms.canada

Recipe Courtesy of Mushrooms Canada.
Visit Mushrooms Canada at www.mushrooms.ca



Nutritional Information:

Per Serving
Calories: 162
Sodium: 739 mg
Protein : 3.8 g
Fat: 12.6 g
Carbohydrates: 7.4 g
Dietary Fibre: 1.1 g

For more information, visit www.growarow.org