

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**



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Recipe Courtesy of Mushrooms Canada.  
Visit Mushrooms Canada at [www.mushrooms.ca](http://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

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