



Cream of mushroom soup

Preparation: 15 minutes

Cooking: 30 minutes

Serves: 4

60g butter
1 red onion, finely chopped
2 garlic cloves, crushed
600g cup mushrooms, sliced
1/3 cup plain flour
4 cups chicken stock
1/2 cup light cream
1/3 cup chopped fresh flat-leaf parsley
salt & ground black pepper

1. Melt the butter in a large saucepan over medium-high heat until the butter begins to bubble. Add the onion and garlic and cook, stirring often, for 3-4 minutes or until soft.
2. Add the mushrooms and cook, stirring occasionally, for 10 minutes or until mushrooms are tender. Remove 1/4 cup. Add the flour to remaining mushrooms and cook, stirring for 2 minutes.
3. Gradually add the stock, stirring constantly until all the stock has been added. Bring to the boil over high heat, stirring. Reduce heat to medium-low, cook, uncovered, 10 minutes, stirring occasionally.
4. Remove from the heat, process to desired consistency. Return to the saucepan. Stir in the cream and parsley. Heat over medium-low heat, without boiling until hot.
5. Season with salt and pepper, ladle into bowls and serve topped with reserved mushrooms.