



Tash Can Cook

TASHCANCOOK@GMAIL.COM
0478758183

Polish Mushroom Soup (Zupa Grzybowa)

Ingredients...

500g mushrooms (*Aldi*)
50g dried porcini mushrooms (*Aldi*)
400g potatoes, sliced (*Aldi*)
200g carrot, sliced (*Aldi*)
1 large onion, chopped (*Aldi*)
4 cloves garlic, minced (*Woolworths*)
½ tsp thyme (*Woolworths*)

Roux...

4 tbs butter (55g) (*Woolworths*)
3 tbs flour (*Woolworths*)
4 cups stock (*Woolworths*)
1 cup sour cream, yoghurt or cream (*Woolworths*)

Garnish...

4 tbs fresh dill and/or parsley, finely chopped (*Woolworths*)
Salt and freshly ground black pepper to taste (*Woolworths*)
4 Rashers of Bacon or Sausages, diced (*Norm Oliver Butchers*)

Toasted bread to serve (*Bakers Delight*)

Preparation...

Place the dried mushrooms in a bowl and cover with the hot water. Soak for a minimum of 30 minutes or until the mushrooms are softened and pliable.

Coarsely chop the fresh mushrooms. Heat the butter in a large pan over medium heat. Add the onions and sauté until softened and translucent. Add the garlic and chopped fresh mushrooms, sauté until browned nicely and moisture has mostly evaporated.

In a large pot, add the stock, thyme, carrots and potatoes and bring to a simmer. Strain the rehydrated mushrooms and add the reserved soaking liquid to the soup pot, carefully avoiding any grit or debris. Chop the reconstituted mushrooms and add to the soup.

Cover the pot and reduce the heat to a low simmer and continue to cook for 30 – 45 minutes.

To thicken the soup, in the pan you cooked the mushrooms in, make a roux with the butter and the flour. Cook over medium heat, stirring for about a minute. Slowly add 3 or 4 ladles of the soup broth, whisking until smooth. Whisk in the sour cream. Add the roux to the soup and stir until incorporated. Cook the soup for a few more minutes until thickened. Season to taste with salt and pepper.

Garnish with chopped dill and/or parsley and top with pan fried bacon or sausage and serve with toasted bread.



THE MID VALLEY
FRESH & TASTY KITCHEN

Ingredients can be purchased from...
Aldi, Woolworths, Bakers Delight & Norm Oliver Butchers at Mid Valley.