

HFLC Mushroom Soup

This is a rich and creamy soup full of flavour. Perfect for a cold winter's day. The recipe was inspired from one I found in a Foodie magazine but can't remember which one!

Ingredients

Serves 4

- 500 grams mixed fresh mushrooms (chopped)
- 3 tbsp olive oil
- 30 grams butter
- 1 medium onion (finely chopped)
- 2 large leeks
- 1 medium carrot
- 2 sprigs fresh thyme
- 1/8 cup coconut flour
- 250 ml dry white wine
- 250 ml chicken stock
- 125 ml fresh cream
- 125 ml full cream milk
- Salt and black pepper to taste



To serve:

- 100 grams finely diced bacon
- A few sprigs of fresh parsley
- Parmesan cheese (grated or shavings)

Method:

1. Heat the butter and oil in a large pot.
2. Add the onion, leeks, carrots and thyme and sauté for 5 minutes.
3. Add the chopped mushrooms to the pot and sauté for another 2 minutes.
4. Stir in the wine and stock.
5. Mix the coconut flour gradually with some water to form a runny paste and add to the pot.
6. Cook with a lid on for 25 minutes.
7. Cool slightly and blend until smooth.
8. Add in the milk and cream and heat through.
9. Cook the bacon bits until crispy.
10. Serve soup hot with chopped parsley, bacon bits and parmesan shavings.

