

# Mushroom and Wild Rice Soup

Makes eight, 8-oz. servings

This soup is a hearty mixture of mushrooms, chewy wild rice, and creamy sauce. It's great with a loaf of crusty white bread. The original recipe from America's Test Kitchen calls for chicken broth but this recipe uses vegetable concentrate so it qualifies as a vegetarian option without compromise. I



I use mushroom soy sauce instead of regular soy sauce to give it a darker, richer color. Mushroom soy sauce can be found in most Asian grocery stores including the Tsai Grocery in the Oak Valley shopping center near the church in Ann Arbor or at the H&L Asian Market on Rivers avenue just north of I-526 in North Charleston.

## Ingredients:

- 1/4 oz. Dried Shitake mushrooms
- 8 1/4 cups water (divided)
- 5 cloves garlic (divided)
- 1 sprig fresh thyme (1/4 tsp. dry)
- 1 bay leaf
- 3/4 tsp. salt
- 1/4 tsp. baking soda
- 1 cup wild rice
- 1 lb. Cremini mushrooms (or 8 oz. baby bellas plus 8 oz. shitake)
- 1 small onion (1 cup diced)
- 1 Tbsp. Better than Bullion vegetable concentrate
- 4 Tbsp. unsalted butter
- 1 tsp. tomato paste
- 1/2 tsp. ground pepper
- 2/3 cup dry sherry
- 1 Tbsp. mushroom soy sauce
- 1/4 cup corn starch
- 1/2 cup cream
- Small bunch of chives (1/4 cup minced) (divided)
- 1 Lemon

## Equipment

- Spice or coffee mill
- Sauce pan (5 cup capacity)
- Dutch oven
- Sieve and bowl

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☑	Directions	Time (min)	
	Adjust oven rack position to accommodate sauce pan. Preheat oven to 375		
	Grind 1/4 oz. dried mushrooms in a spice grinder to make a powder	1	15
	Add 4 cups water to a sauce pan and heat	1	
	Peel one clove of garlic	1	
	Add sprig of thyme, 1 bay leaf, 1 peeled garlic clove, 3/4 tsp. salt, and 1/4 tsp. baking soda to water and bring to a boil	3	
	Add 1 cup wild rice and bring to a boil	2	
	Cover sauce pan. Transfer to oven. Bake until tender		40
	Clean, trim and slice 1 lb. Cremini mushrooms 1/4" thick.	15	
	Peel and dice onion (1 cup)	2	
	Peel and mince 4 garlic cloves	2	
	Mix 3 tsp. vegetable concentrate with 4 cups hot tap water	1	
	In a Dutch oven, melt 4 Tbsp. butter over medium heat	1	
	Add Cremini mushrooms, onion, minced garlic, 1 tsp. tomato paste, and 1/2 tsp. ground pepper	2	
	Cook and stir to reduce and brown mushrooms to make a dark brown mixture with no liquid. Remove from heat.	8	
	In the Dutch oven, add 2/3 cup sherry. Scrape brown bits from bottom of pan. Return to medium heat and then boil off almost all liquid.	5	
	Remove wild rice from oven. Pour through a sieve into a bowl to separate rice and rice water. Reserve rice water	1	
	Discard bay leave, garlic clove, and thyme sprig.	1	
	Add hot water to rice water to make 4 cups	1	
	In the Dutch oven, add ground Shitake mushrooms, rice water (not the rice), vegetable broth, 1 Tbsp. mushroom soy sauce, and bring to a boil	3	
	Reduce heat, cover, simmer	20	
	Mix 1/4 cup corn starch in 1/4 cup water	1	
	Whisk corn starch and water mixture into soup. Simmer	2	
	Remove zest from lemon (scrape outer layer of peel with a grater or zesting tool) to gather 1/4 tsp.	1	
	Chop one small bunch of chives (1/4 cup minced)	1	
	Remove soup from heat. Stir in rice, 1/2 cup cream, most of the chives, and lemon zest	1	
	Allow soup to stand before serving. Garnish with remaining chives	20	
	<b>Total</b>	<b>1 hr 49 min</b>	