

Shiitake Mushroom Soup (Serves 4)



A rich, earthy soup with deep umami flavors from shiitake and cremini mushrooms. Perfect for a cozy meal, this soup is even better when made ahead and reheated.

Ingredients

For the Mushroom Broth:

- 1 pound shiitake mushrooms
- ½ pound cremini mushrooms
- ½ ounce dried shiitake mushrooms
- 1 ½ quarts water

For the Soup:

- Pinch of salt
- 2 tablespoons extra-virgin olive oil
- ½ cup shallots, finely chopped
- 3–4 garlic cloves, minced (remove green shoots)
- 3 tablespoons dry sherry (divided)
- 2 teaspoons low-sodium soy sauce (*optional*)
- 1 **bouquet garni** (*bay leaf, a few sprigs of parsley and thyme, tied together*)
- 2 medium potatoes (5–6 ounces total), peeled and diced (*starchy variety like Yukon Gold preferred*)
- Freshly ground black pepper, to taste
- ½ teaspoon fresh lemon juice
- Slivered fresh sage leaves, for garnish

Instructions

Prepare the Mushroom Broth

1. **Set aside** 4 medium shiitake mushrooms for garnish.
2. **Stem the remaining mushrooms** and cut the caps into quarters.
3. **Combine the mushroom stems** and dried shiitake mushrooms in a large saucepan with **1 ½ quarts of water**.
4. Bring to a **simmer**, cover, and cook for **30 minutes** over low heat.
5. Strain the broth through a **cheesecloth, coffee filter, or paper towels** into a bowl.
6. **Squeeze** the mushrooms over the strainer to extract as much liquid as possible. *(Reserve the strained mushrooms for another use, such as a pâté.)*

Cook the Vegetables

1. In a large, heavy soup pot, **heat olive oil over medium heat**.
2. Add **shallots** and cook, stirring, until tender, about **3 minutes**.
3. Stir in **garlic** and cook for **30 seconds** until fragrant.
4. Add **quartered mushrooms** and a **generous pinch of salt**.
5. Cook, stirring often, until the mushrooms are tender and release their juices, about **10 minutes**.

Simmer the Soup

1. Pour in **2 tablespoons of sherry** and the **soy sauce**, stirring to combine.
2. Add the **mushroom broth, bouquet garni, and potatoes**.
3. Bring to a **simmer**, cover, and cook for **1 hour**.
4. Remove the **bouquet garni** and discard.

Blend the Soup

1. Using a **blender**, puree the soup in batches for a smooth, velvety texture. *(Alternatively, use an immersion blender directly in the pot.)*
2. Return the pureed soup to the pot and heat through.
3. Season to taste with **salt and black pepper**.
4. Stir in **1 more tablespoon of sherry**, if desired.

Prepare the Garnish

1. **Thinly slice** the reserved 4 mushrooms.
2. Toss with **lemon juice** to enhance flavor and prevent browning.

Serve and Garnish

1. Ladle the soup into bowls.
2. Garnish with **paper-thin mushroom slices, slivered sage, and chopped parsley**.
3. Enjoy immediately or **make ahead** and reheat before serving.

Nutrition (Per Serving)

- **Calories:** 157
- **Fat:** 7.2g
- **Saturated Fat:** 1.1g
- **Cholesterol:** 0mg
- **Sodium:** 314mg
- **Carbohydrates:** 18.3g
- **Fiber:** 2.7g
- **Sugars:** 4.2g
- **Protein:** 4.5g

This hearty and flavorful soup is ideal for chilly days and can be made ahead for an even richer taste. Enjoy!

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