



Mushroom Soup

SERVES 4

INGREDIENTS

15g dried porcini mushrooms (optional)	2-3 cups salt reduced chicken stock (or vegetable stock)
2 tsp olive oil	1 bay leaf
1 onion, diced	1 tbs chopped tarragon, plus extra for garnish
3 garlic cloves, crushed	½ cup skim milk
600g mixed mushrooms, sliced (swiss brown, field, button)	

METHOD

1. Soak the porcini in 1 cup of hot water for 1 hour (if using).
2. In a large saucepan heat the oil, add the onion and garlic and cook for 3-4 minutes. Add the mushrooms and cook gently for 3-4 minutes, then add 2 cups of chicken stock (3 if not using porcini), bay leaf and the porcini with soaking liquid. Bring to the boil and simmer for 20 minutes.
3. Stir through the tarragon allow to cool a little and puree in a food processor or with a hand blender. Add the milk and extra stock if necessary to obtain desired consistency.
4. Return to the saucepan and gently reheat. Season and garnish with tarragon leaves.

