



Creamy Mushroom Soup

A wintery warm hug in a bowl!

SERVINGS: 2

COOKING TIME: 30 MIN

INGREDIENTS

- 1/2 head Cauliflower
- 1/2 c Grated Parmesan
- 4 Tbsp Butter
- 4 slices Bacon (optional)
- 1 Shallot, minced
- 1 c sliced Mushrooms
- 2 cloves Garlic Confit
- 1/4 c White Wine
- Thyme
- 1 1/2 c Chicken Stock
- 1 tsp Lemon Juice
- Extra Virgin Olive Oil
- 2 Tbsp Butter
- Seasonings, Parsley

DIRECTIONS

1. Cut Cauliflower into florets, saving 'crumbs' aside. Boil florets in salted water until soft, and strain.
2. Puree Cauliflower, Parmesan, Butter & Salt/White Pepper with an immersion blender until creamy. Set aside.
3. Cook Cauliflower 'crumbs' in Olive Oil until toasty. Set aside.
4. Cook Bacon in a large bottom pot. Remove cooked Bacon and reserve rendered fat.
5. Cook Mushrooms & Shallots in remaining fat, or in a mix of Olive Oil & Butter. Stir in Garlic Confit.
6. Deglaze pan with Wine and cook for 1 minute on med-low. Add Thyme.
7. Add Cauliflower puree and stir in Chicken stock. Cook until hot, adding more Stock as needed for the desired texture.
8. Stir in Mushrooms to re-heat near the end.
9. Stir in Salt & White Pepper to taste, along with the squeeze of Lemon and, if desired, 2 Tbsp Butter to finish.
10. Place 'creamy' Mushroom Soup in a bowl, topped with Bacon, crispy Cauliflower 'crumbs', Parsley and a swirl of Olive Oil (preferably Smoked or Herbed)

Mix it up! Add a variety of Mushrooms, top with smoked/bloomed Chilis, use toasted Hemp Seed instead of Cauliflower 'crumbs', add cream if you love it, substitute for Mushroom Stock if preferred.