

# HOME COOKING

with Cathy



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Hello there! This past month I was fortunate enough to visit the Kendal Hills Game Farm during their first open house to feature all of the many agricultural products they grow and sell right from their farm. I wanted to share with you a wonderful recipe for their Mushroom Soup. The artisan mushrooms featured in this recipe are available for sale at their beautiful farm. Visit their website located at the end of the recipe. Enjoy!

## Kendal Hills Mushroom & Vegetable Soup (Vegan)

*This soup highlights the flavours and textures of our gourmet mushrooms. All the mushrooms we included in this recipe were either cultivated or wild harvested on the Kendal Hills Game Farm. Prep time: 30 minutes, Cook time: 1 hour, Serves: 6*

### Ingredients

- 4 cups homemade or make a high-quality vegetable stock (\*see instructions below)
- 2 large onions
- 4 large carrots
- 4 ribs celery
- 2 cloves garlic
- 1 large leek, white & pale green parts only

- 1 large sweet potato
- 1 ½-2 pounds fresh Kendal Hills mushrooms
- 4 cups of boiling water for soaking fresh mushrooms (mushroom varieties: Cinnamon Cap, Shiitake, Abalone and also Blue, Brown, White & Golden Oyster)

- 1 ½-2 cups dried mushrooms (mushroom varieties: Porcini (Bolete), Shiitake, Oyster)
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary (crushed in a mortar)
- 1 tablespoon herbs de Provence
- Salt & Pepper

### Directions

1. Place the dried mushrooms in a large glass bowl and pour 4 cups of boiling water from a kettle over top of them. Allow to sit for at least 30 minutes in the hot water while you prepare the soup.
2. Heat a large soup pot on medium heat; add oil of your choice.
3. Chop onions, celery & carrots to a medium dice; add 1 tsp salt & ½ tsp pepper. Stir to soften, about 5 minutes
4. Finely mince the garlic and add to the aromatics, stirring
5. Slice the leeks in half lengthwise and rinse under cold water to clean off any dirt or grit, then slice crosswise, about ¼ inch thick. Add to the pot, stir to soften, about 5-7

- more minutes.
6. When the aromatics are soft and starting to release liquid, add dried herbs and stir to combine.
7. Peel and chop the sweet potato into 1-inch cubes, add to the pot & stir to combine. Cook on medium-low heat for about 5-10 minutes while you prepare the mushrooms.
8. Trim and chop the fresh mushrooms, including the stems. Large shiitakes can be chopped into cubes, aim for 1-inch pieces. Oysters can be roughly chopped or torn by hand. Cinnamon Caps can be cut in half or left as whole caps, but their woody stems should be chopped up in ½-inch pieces. Don't discard the stems - they add so much flavour to

- the soup!
9. Add fresh mushrooms to the pot and stir to combine. Allow to cook 2-3 minutes.
10. Add the dried mushrooms and the soaking liquid to the pot.
11. Add the vegetable stock and stir to combine.
12. Bring to a boil and reduce heat to low. Simmer for 1 hour or longer until veggies are tender. Taste the broth and season with salt & pepper to taste.
13. Serve and enjoy!

Instructions/recipe for homemade vegetable stock recipe - go to website: [kendalhillsgamefarm.ca](http://kendalhillsgamefarm.ca)