

Wild Mushroom Bisque (Vegan)

Sue Van Raes

THE GOODS

4 cups wild mushrooms
(Lion's Mane, Shitake, Maitake, Oyster etc)
4 cups mushroom broth
3 cloves garlic
1 yellow onion
2T coconut oil
Sea salt to taste

A dash of white wine
1 tsp Dijon
Black pepper
Sprinkle of sumac (optional)
1/2 cup nutritional yeast
Dash of Trader Joe's mushroom umami spice (optional)
2 cup milk of choice

THE METHOD:

First, choose the shrooms you are most excited about. If you are new to wild mushrooms, try a variety as you can't really go wrong. Rough chop all of your ingredients. Sauté garlic, onion and a pinch of sea salt in the coconut oil until aromatic. Add in the mushrooms and another pinch of salt, and sauté until soft (10-15 min for best flavor). Pour in mushroom broth, white wine, spices and simmer for 30-60 min. Turn off heat. Add milk of choice. Blend with a hand blender until smooth. Salt and spice to taste. If you cannot get sumac or Trader Joe's, you can skip.



WEBSITE



INSTAGRAM