

# MUSHROOMS SOUP

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**Preparation:** 10 minutes

**£:** £

**Serves:** 4

**Difficulty:** Easy



## INGREDIENTS

1 pack closed cup mushrooms/button mushrooms  
50 grs butter  
4 garlic cloves  
150 ml double cream  
1 litre milk or vegetable stock  
Salt, pepper, fresh thyme  
If available, truffle oil

## EQUIPMENTS

1 chopping board  
1 pan  
1 blender  
1 measuring jug

## METHOD

Wash the mushrooms and slice them. Grate the garlic and keep it on the side  
Start melting the butter in the pan and add first the garlic. Make sure that it doesn't get any colour.  
Then add the mushrooms and season them with a good pinch of salt. It's at this stage that you will get all the flavour of the mushrooms. Add the thyme.  
Stir the mushrooms and cover with a lid.  
When the mushrooms are cooked and soft add the double cream. Stir the mushrooms with the double cream and add the milk or the vegetable stock.  
Bring it to the boil and cook the soup on a medium heat for 5 minutes.  
Taste the liquid. If you need to add any seasoning do it now.  
Take the fresh thyme out of the pan.  
Blend the soup for a couple of minutes to get a rich, creamy and smooth texture. I don't use a sieve to pass the soup as having a few bits of mushrooms is always pleasant.  
If available, add a splash of truffle oil.

## NOTES

Since I have started cooking, my previous Chefs always told me that the mushrooms's best friends are salt and garlic! That's why, you must season properly the mushrooms at the beginning.

In fact, mushrooms are 92% of water. It means 92 grs of water for 100 grs of mushrooms.

Closed mushrooms or button mushrooms are the same.

This soup goes well on its own or with a nice slice of sourdough toasted.

**“Les bienfaits”** of eating mushrooms are the following. Mushrooms contain B vitamins and *selenium*, a powerful antioxidant, which helps to support the immune system and prevent damage to cells and tissues.