

OLI'S MUSHROOM SOUP

Oli shares a traditional, nourishing soup inspired by old-world Czechoslovak cooking, based on her memories of her mother's recipe and love of foraged mushrooms.



Ingredients

- 2 tbsp ghee or butter
 - 1 medium onion
 - 2 cups fresh wild mushrooms (e.g., porcini, chanterelle, or shiitake), sliced
 - Salt and pepper, to taste
 - 2-3 cloves garlic, minced
 - 2-3 medium potatoes, peeled and diced
 - 2 carrots, sliced
 - 1 cup green peas (or other seasonal vegetables)
 - 4-5 cups water (or vegetable broth)
 - Optional herbs: marjoram or caraway
- For the roux:
- 2 tablespoons ghee or butter
 - 2 tablespoons organic all-purpose flour

Instructions

1. In a large pot, sauté onion and mushrooms in ghee or butter with a pinch of salt over medium heat until onions soften and mushrooms are cooked through, about 8-10 minutes.
2. Add garlic, potatoes, carrots, peas, and other vegetables of choice. Pour in enough water to cover, about 4 to 5 cups.
3. Bring to a boil, then reduce heat and simmer until the potatoes and vegetables are tender, about 20-25 minutes.
4. Season with salt, black pepper, and optional herbs like marjoram or caraway.
5. Make the roux: melt ghee or butter in a small pan over medium-low heat. Whisk in flour and cook until golden and fragrant, about 2-3 minutes.
6. Slowly whisk the roux into the soup, stirring well to avoid lumps. Simmer for another 5 minutes until thickened.
7. Serve hot, ideally with dark rye or crusty bread.

Tips

- Use wild mushrooms for authentic flavour, or shiitake/cremini if unavailable.
- A spoonful of sour cream on top is a traditional Czech touch.
- Soup deepens in flavour when reheated the next day.