

SHIITAKE MUSHROOM CONSOMMÉ

Umami ingredients abound in this tasty soup!

by Corporate Chef Kurt Kwiatkowski, MSU Residential Dining Services

Featured Food: Shiitake Mushrooms

Yield: Serves 6

Ingredients

8 oz. fresh shiitake mushrooms

10 dried shiitake mushrooms

½ oz. dried kombu, rinsed well

1 c. small diced onion

4 cloves of garlic, smashed

3 qt. of water

2 T. butter (for vegan preparation, eliminate butter and use more olive oil)

4 T. (6 T. for vegan preparation) olive oil

¼ c. of thinly sliced shallots

¼ c. finely diced carrots

1 T. minced ginger

1 clove of garlic minced

Salt to taste

2 T. chopped fresh cilantro

1 T. thinly sliced green onions

Preparation

Snip off the stems of the fresh shiitake mushrooms; slice mushroom caps and set them aside. In a stockpot, combine the stems, dried shiitake mushrooms, kombu, onions, smashed garlic cloves, and water; simmer for about an hour. Line a strainer with a coffee filter; pour liquid through pressing on the solids. Set the liquid aside.

In a sauce pot over medium heat, melt butter (if using); add 2 T. (for vegan preparation, use 4 T.) of oil. Lightly sauté sliced mushrooms, shallots, and carrots for 5 minutes. Add garlic and ginger and sauté for another minute.

Deglaze pot with reserved mushroom liquid. Keep consommé warm until ready to serve. Add salt to taste. Add cilantro. Ladle into bowls and top each with a drizzle of olive oil and a sprinkle of green onions.