

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	¼ c. of thinly sliced shallots
10 dried shiitake mushrooms	¼ c. finely diced carrots
½ oz. dried kombu, rinsed well	1 T. minced ginger
1 c. small diced onion	1 clove of garlic minced
4 cloves of garlic, smashed	Salt to taste
3 qt. of water	2 T. chopped fresh cilantro
2 T. butter (for vegan preparation, eliminate butter and use more olive oil)	1 T. thinly sliced green onions
4 T. (6 T. for vegan preparation) olive oil	

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.