

Souपालicious 2015 Signature Recipe

**Gay Cook's Mushroom Soup
with Kale Pesto**

Ingredients:

- 2 tbsp (30 ml) butter or half vegetable oil**
- 1 medium onion, coarsely chopped**
- 1 or 2 cloves garlic, mashed by pressing with flat side of knife**
- 1 lb (500 g) brown button, Portobello and or shitake mushrooms**
- 2 cups (500 ml) water or chicken stock**
- 1 medium potato, unpeeled, coarsely chopped**
- 1/2 cup (125 ml) dry white wine or dry sherry or water or stock**
- 1/2 tsp (2 ml) dried thyme leaves**
- 1 tsp (5 ml) lemon juice or to taste**
- Salt and pepper to taste**
- 1/2 cup (125 mL) light or heavy cream optional**



In a saucepan, melt the butter with or without oil over medium-low heat.
Add onion and cook, covered to sweat onions without browning about 3 minutes;
Add garlic during the last minute of cooking.
Stir in mushrooms and cook about 5 minutes to release juices, stirring several times.
Add stock, potato, wine/ sherry or stock if using. Cook gently about 14 to 15 minutes.
Puree the soup with hand-held blender or food processor just until mushrooms are in small bits
and not a fine puree to give soup texture and flavour.
Return soup to saucepan. Add cream if desired.
Season to taste with lemon juice, salt and pepper.
If soup is too thick add a little more liquid for the desired consistency.

Serve soup in heated bowls.
Make one or two rounded spoonfuls of kale pesto and gently place in each bowl of soup.

Kale Pesto

- 5 to 6 large stems of fresh kale, washed, patted dry with towel**
- 1 or 2 garlic cloves**
- 3 tbsp (45 ml) olive oil**
- 3 tbsp (45 ml) pine nuts**
- 3 tbsp (45 ml) grated Parmesan cheese**

Fold each kale leaf lengthwise and cut away or pull away the thick stem.
Place the kale leaves in a food processor and process until leaves are almost pureed.
Add the garlic, oil, nuts, cheese to process until pesto is finely pureed.
If the pesto is too firm add a little more oil until the mixture has a spreadable consistency.

Sip, slurp, savour and enjoy!
Makes 4-5 servings