



UCOOK

Cream of Mushroom Soup

with cheesy croutons

Warm up your freezing hands on a cold winter's night by wrapping them around a bowl of steaming mushroom soup. Layered with garlic, fresh thyme & white wine, this lip-smacking liquid is topped with crispy, cheesy croutons for crunch and yumminess.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Samantha du Toit

Veggie

 Domaine Des Dieux | Sangiovese 2017

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Ingredients & Prep

5ml	Vegetable Stock
125g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	Onion <i>peel & roughly slice ½</i>
1	Garlic Clove <i>peel & grate</i>
3g	Fresh Thyme <i>rinse & pick</i>
20ml	Cake Flour
30ml	White Wine
60ml	Fresh Cream
1	Sourdough Baguette <i>tear ½ into bite-sized chunks</i>
7,5ml	Dried Thyme
30ml	Grated Italian-style Hard Cheese
3g	Fresh Parsley <i>rinse, pick & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. MMMUSHROOM SOUP Boil the kettle. Dilute the stock with 300ml of water. Place a pot over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the sliced mushrooms, the sliced onion, ½ the grated garlic, and the picked thyme until golden, 5-6 minutes (shifting occasionally). Add the flour and fry for 1-2 minutes. Deglaze the pot with the wine and simmer until almost evaporated, 1-2 minutes (stirring constantly). Add the diluted stock and ¾ of the cream. Simmer until slightly thickened, 8-10 minutes. Remove from the heat and season.

2. CRISPY CROUTONS Toss the bread chunks in a drizzle of olive oil, the remaining garlic, the dried thyme, and seasoning. Place a pan over medium heat. When hot, toast the bread until crispy, 3-4 minutes (shifting occasionally). Remove from the pan and drain on paper towel. Toss through the cheese and ½ the chopped parsley just before serving.

3. SAY CHEESE! Bowl up the cream of mushroom soup. Drizzle over the remaining cream. Scatter over the cheesy croutons. Garnish with the remaining parsley.



Chef's Tip

Air fryer method: Coat the bread chunks in oil and season. Air fry at 200°C until crispy, 6-8 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	711kJ
Energy	170kcal
Protein	5.8g
Carbs	21g
of which sugars	3g
Fibre	1.8g
Fat	6.5g
of which saturated	3.5g
Sodium	316mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Alcohol, Cow's Milk

Eat
Within
3 Days