



## *Garden Fresh Farm Recipes*

# **Cream of Chanterelle Mushroom Soup**

It's been a somewhat rainy summer here at RizzieFarms. It also turns out to be a great summer for an abundance of fungus, especially the chanterelle mushrooms.

It's time to make cream of chanterelle soup.

### **Ingredients:**

- 2 teaspoons olive oil
- 1 tablespoon chopped onion
- 1/2 teaspoon chopped garlic
- 1/2 lb chanterelle mushroom, sliced
- 1 teaspoon flour
- 2 tablespoons white wine
- 3 1/2 cups chicken stock
- 1 cup heavy cream or 1 cup whipping cream
- salt and pepper
- 1 teaspoon chopped fresh chives or 1 teaspoon parsley

### **Directions:**

In a saucepan, heat the olive oil, then add the onion, garlic and chanterelles.

Cook until the onions are transparent. Dust with the flour. Add the white wine and chicken stock. Stir to combine.

Simmer for 30 minutes.

Add the heavy cream and simmer for another 5 minutes. Add salt and pepper to taste. Serve in warm bowls, garnish with chives or parsley.



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**Chanterelles** (*Cantharellus cibarius*), or "golden chanterelles," are probably the most well known wild mushrooms. They're sought after by chefs and foodies due to their delicate flavor, which some describe as "mildly peppery."

Ranging in color from yellow to deep orange, golden chanterelles are easy to spot in the summer forest.

They can be as big as 5 inches in diameter, but 2 inches is closer to average. The cap is wavy and generally funnel shaped.

Their false gills appear as wrinkles that are forked and wavy with blunt edges and run down the stem, the same color as the rest of the chanterelle. Chanterelles also have a distinct fruity apricot-like aroma.

