

# Oyster mushroom soup



Oyster mushroom soup

For 6 servings:

For the vegetable stock:

- 1 carrot
- 1 onion, cut into large pieces
- 1 parsnip
- 1/2 celeriac or 2 stalks celery, cut
- 2 potatoes, cut in half
- 2-3 bay leaves
- 10 peppercorns

Put all ingredients in a soup pot with 2 liters water. When the vegetables are done remove them from the water (they can be served as salad, with garlic sauce or horseradish sauce).

Leave the pot on the stove on low heat.



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- 300 g oyster mushrooms, sliced [ ] approx. 0.5 cm thick
- 1 carrot, grated
- 1 yellow bell pepper, finely sliced
- 250 ml vegan sour cream (or 1 cup soy milk mixed with 2 tablespoons flour)
- 2 tablespoons olive oil
- 3-5 cloves garlic, mashed – to taste
- 3-5 tablespoons vinegar, to taste

Heat 1 tablespoon oil in a pan and add the carrots and bell pepper. Fry, stirring occasionally, until tender.



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Blend until smooth.



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Heat 1 tablespoon of oil in a pan and add the mushrooms. Fry, stirring occasionally. Add the moisture from the mushrooms to the vegetable stock. Continue frying until tender, taking care not to brown the mushrooms.



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Add the carrot/bell pepper paste and the mushrooms to the vegetable stock. Cook for a few minutes.

Add the vegan sour cream and salt (to taste).

Add the garlic and vinegar to taste and continue cooking for a few minutes longer.

Serve with fresh chili.