



Wild Mushroom Soup

serves 4

- 1 large yellow onion, diced
- 2 stalks celery, diced
- 2 cloves garlic, minced
- 1 tablespoon each olive oil and butter
- 2 teaspoons curry powder
- 2 parsnips, peeled and diced
- 3-4 sprigs fresh thyme, or 1 teaspoon dried
- 2 cups fresh wild mushrooms, in bite-size chunks
- 6 cups wild mushroom stock (or vegetable or chicken stock)
- 1/2 cup wild rice, raw
- 1/2 cup buttermilk
- 1/4 cup heavy cream, optional
- sea salt and pepper, to taste

Combine olive oil and butter in a heavy stockpot over medium-high heat, then add onion, celery and garlic and cook until wilted. Stir in curry powder and a pinch of salt and cook for a couple of minutes.

Add parsnips, thyme, mushrooms and stock and bring to a boil, then lower and gently simmer, partially covered for about 30 minutes.

Add wild rice and simmer for another 30 minutes, partially covered.

Stir in buttermilk and cream, adding a little water if you want it soupier, then salt and pepper to taste. Heat thoroughly and serve.