

Healing holiday aroma

a traditional and tasty mushroom soup with parsley noodles



Quantity: 5



Preparation time: 2,5 hours



Zero waste*

1 pack of vegetables for broth
(2 carrots, 1 medium parsley root,
piece of celery, piece of leek)

1 large onion

100 g of dried boletus

2.5 l of water

2-3 tablespoons of whipping cream
(30%)

2-3 bay leaves

3 grains of allspice

2 thyme stalks

6-7 peppercorns

Salt, ground pepper

Soak the mushrooms in cold water for at least 4 hours. You can do it the day before but remember not to pour away the water after soaking. Take out the mushrooms and cut them into smaller pieces of about 3 cm.

Peel the vegetables, cut into smaller pieces, put into a larger pot, and pour in the water. Add allspice, thyme, bay leaves and peppercorns, and cook over a medium heat.

While the vegetables are cooking, cut an unpeeled onion into thick slices and fry till brown and then immediately add to the vegetables.

When the vegetables are soft and the water has been a little reduced, take out the vegetables* and add the mushrooms as well as half the water the mushrooms have been soaking in. Cook for about 45-60°C minutes until the mushrooms are soft.

Finally season with salt and pepper.

**zero waste*

broth vegetables can be cut into small cubes and added to the soup.

Noodles:

2 eggs

100 g of plain wheat flour

100 ml of water

A pinch of salt

Parsley

Parsley noodles (prepare while the soup is boiling)

Dice the parsley into fine parts and put it into a large bowl. Add eggs and water and whisk until the mixture is green in color. Add flour and mix.

Put the water in a small pot, add salt and bring to the boil.

Put some dough on a flat plate and spoon the pieces of dough into lightly boiling water. Each time soak the spoon in boiling water, this will make your work much easier.

