

# VEGETARIANO

*400 Regional Italian Recipes*



Slow Food Editore

**RIZZOLI**  
NEW YORK



## Zuppa di funghi / MUSHROOM SOUP

*Nereo Pederzoli, Cavedine (Trento), Trentino**Serves 4*1 POUND PORCINI OR  
CHANTERELLE MUSHROOMSEXTRA-VIRGIN OLIVE OIL  
FOR SAUTÉING2 POTATOES, PEELED  
AND DICED1 MEDIUM YELLOW ONION,  
MINCED

1 CLOVE GARLIC, MINCED

1 RIB CELERY, MINCED

2 CARROTS, MINCED

SALT AND FRESHLY GROUND  
BLACK PEPPER TO TASTE1 TABLESPOON UNSALTED  
BUTTER2 TABLESPOONS UNBLEACHED  
ALL-PURPOSE FLOUR

1 CUP WHOLE MILK

VEGETABLE BROTH TO TASTE

LEAVES OF 1 SPRIG  
PARSLEY MINCEDGRATED TRENTINGRANA  
CHEESE TO TASTE

Fresh mushrooms are best here, but if you can't locate porcini or chanterelles, you can use another variety of mushrooms or replace them with  $\frac{1}{4}$  cup dried mushrooms that you have soaked in warm water for 30 minutes to soften. If you like, you can toast some cubes of firm bread in butter and add them to the finished soup, or whisk in 2 beaten eggs at the end of cooking to make the soup more substantial.

Gently brush any loose dirt off of the mushrooms, chop them, and soak them in cold salted water for 10 minutes, then drain.

In a large pot, heat olive oil for sautéing until very hot, then add the potatoes and the onion, garlic, celery, and carrots and sauté briefly. Add cold water in small amounts (watch for splattering) and continue cooking until the potatoes give off their starch. Add the mushrooms, season with salt and pepper, and cook over low heat, stirring frequently, until both potatoes and mushrooms are very soft, about 30 minutes.

Set aside a few pieces of diced mushroom for garnish and puree the remaining mushroom mixture.

In a large pot, melt the butter over low heat and sprinkle in the flour, stirring constantly. When the mixture turns golden, add the milk and  $\frac{1}{4}$  cup water. Cook, stirring constantly, for 10 minutes, then stir in the pureed mushroom mixture. Cook, stirring constantly, for 10 additional minutes, adding vegetable broth in small amounts to bring the soup to the consistency you prefer, though it should not be overly thin.

Divide the soup among individual serving dishes and garnish with the reserved mushrooms, parsley, and grated cheese.