

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Rich Creamy Taste without all the Cream!

A Perfect Valentine's Recipe:

Rich Wild Mushroom Soup

2 TB Unsalted Butter, Divided
1 TB Olive Oil
1 Yellow Onion, finely chopped
16 Oz White Mushrooms, chopped
1 Oz *Dried Wild Mushrooms
6 Cups Light Chicken Stock
4 Cups Water
½ LB Wild Mushrooms, sliced
2 TB Parsley or Thyme
1 TB Fresh Lemon Juice
2 TB Heavy Cream
½ Cup Nonfat Greek Yogurt
Salt and Black Pepper to taste

Step One Melt one TB butter with the oil in a large stockpot over medium heat. Add the onion and cook until softened – about 7 minutes. Add the white mushrooms, dried mushrooms,

stock and water and bring to a boil. Reduce the heat and simmer until the dried mushrooms are tender, about 30 minutes. Let cool slightly.

Step Two While the soup is cooking, sauté the wild mushrooms in the remaining TB of butter until any liquid has evaporated. Add the herbs.

Step Three Puree the soup in a blender until smooth. Place back into the stockpot, and add the sautéed wild mushrooms, lemon juice and cream. Simmer until warm, remove from the heat, stir in the yogurt and add salt and pepper to taste.

Serve the Soup With:

Blue Cheese Toasts

1 Small Baguette Thinly Sliced
Blue Cheese at Room Temperature
Freshly Cracked Black Pepper

Toast the slices in a 350F oven for about 5 minutes per side. Mash the blue cheese, top the toasts with the cheese and slide under the broiler until the cheese begins to melt. Remove and sprinkle with pepper.

2 Kitchen Smidgen

*Most recipes call for you to soak dried mushrooms first. Since we are cooking them in with our chicken stock, no presoaking is required.

3 Get Creative

Because wild mushrooms are composed of mostly water, when they are dried the natural flavors are intensified - making them even more delicious. Even better, they have long storage life, up to a year, so you can enjoy their rich taste easily.

4 WINE of the Week

A to Z Wineworks Pinot Noir
Oregonse

Total Wine around \$18.00

The boast that A to Z Wineworks makes, "Aristocratic Wines at Democratic Prices", is true. You'll enjoy classic Pinot flavors, the taste of deeply concentrated red and black cherries with light tannins, and great balance. After trying A to Z, you'll agree that the traditional match of mushrooms and Pinot Noir is confirmed with this wild mushroom soup.