

MUSHROOM CONSOMMÉ

Ingredients:

2 lbs Mushrooms, sliced thin
4 large Shallots, diced
2 pieces 1x2" Ginger, peeled & sliced
12 cups Chicken stock
4-5 tbsp Soy sauce
Salt
2 Limes, juiced
2 tbsp Cilantro, chopped

Directions:

Reserve 1/3 of the Mushrooms.
Combine rest in food processor with Shallots, Ginger and 4 cups of Stock.
Process until finely chopped.
Add mixture to remaining stock and simmer 20 minutes. *
Strain.
Add to remaining mushrooms.
Add Lime juice, Soy sauce, and Cilantro to taste.
Garnish with sprigs of Cilantro and Lime slices.

** At this point the soup could be clarified to result in a crystal clear consommé.*

However, the soup has to be cooked the day before up to this point, then coarsely strained and left to cool several hours or over night.

Add 1 egg white (no yolk parts) per quart to the cold liquid and start cooking it while constantly stirring so the egg white doesn't stick to the bottom.

Bring it to a simmer but don't boil, stirring away.

Once it simmers, the egg white will coagulate on top and "grab" all the flotsam and the liquid will get crystal clear.

Skim the flotsam from the top and strain the clear liquid through a cheese cloth, then add the remaining ingredients.