

Miso Mushroom Soup

With Farro, Potatoes, & Rocket

Created for COTS Winter 2022

By Chef Phil Jones

Ingredients

2 oz.	Dried Porcini Mushrooms (Soaked, Retain Liquid)
½ cup	Olive Oil
XX oz.	Fresh Button Mushrooms (Quartered)
XX oz.	Fresh Wild Mushrooms (Rough Chopped)
2 ea.	Shallots (Medium Diced)
2 cups	Onions (Medium Diced)
1 cup	Leeks (Medium Diced)
1 cup	Carrots (Medium Diced)
1 cup	Celery (Medium Diced)
10 ea.	Garlic Cloves (Quartered)
¼ cup	Tomato Paste
⅛ tsp.	Crushed Red Pepper Flakes
XX cups	Water

Bouquet Garni (Cheesecloth)

6 sprigs	Fresh Thyme
6 ea.	Bay Leaves
1 ½ cup	Farro
1 cup	Russet Potatoes (Medium Diced)
2 cups	Baby Spinach
½ cup	Miso Boom
1 tbs.	Apple Cider Vinegar
¼ cup	Liquid Aminos
¼ cup	Nutritional Yeast
Garnish	Baby Rocket (Arugula)
Garnish	Sumac

Garnish Sesame Seeds
Drizzle Sesame Oil

To Taste Salt
To Taste Pepper
To Taste White Pepper

Instructions

Please watch the video for details and enhanced information.

1. Saute vegetables in the olive oil until tender.
2. Add garlic, tomato paste, and chili flakes until fragrant.
3. Add water and bouquet garni.
4. Bring to a boil and add farro.
5. Cook for 15 minutes and add the potatoes. Cook until potatoes are tender.
6. Add miso and spinach until wilted.
7. Add remaining ingredients and simmer for 5 minutes.
8. Garnish and serve with rocket and sumac.