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
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.