

Cream of Mushroom Soup

Kathy Johnson

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 4

*1 1/2 pounds fresh mushrooms
9 tablespoons butter, divided
2 shallots or scallions, finely chopped
6 tablespoons all-purpose flour
6 cups chicken broth
2 egg yolks
3/4 cup heavy cream
salt (to taste)*

Wash the mushrooms; cap and stem. Slice one-half of the caps into 1/2-inch-thick slices. Coarsely chop the remaining caps and stems.

In an eight- to ten-inch skillet, melt two tablespoons of butter over moderate heat. When foam subsides, add the sliced mushrooms and saute' for about 2 minutes, stirring with a wooden spoon. Transfer to a bowl with a slotted spoon. Set aside.

In the same skillet, melt an additional two tablespoons of butter and saute' the chopped caps and stems with the shallots for 2 minutes. Set aside.

In a heavy four- to six-quart saucepan, melt the remaining butter over moderate heat. Stir in the flour with a wire whisk. Cook, stirring constantly, for 1 or 2 minutes. Do not brown the roux. Remove from the heat.

Cool for a few seconds. Stir in the chicken stock with a whisk. Return to the heat and stir until this cream soup base comes to a boil. Stir until it thickens and is smooth. Add the chopped mushrooms, shallots and butter. Simmer, stirring occasionally, for 15 minutes.

In a small bowl, blend the egg yolks and cream together with a wire whisk. Gradually add a little of the hot cream soup base to the egg yolk mixture, whisking constantly. Add all of this mixture to the cream soup, continuing to whisk constantly.

Bring to a boil and boil rapidly for 30 seconds, stirring.

Remove from the heat and add the reserved sliced mushrooms. Serve immediately.

Per Serving (excluding unknown items): 554 Calories; 48g Fat (76.1% calories from fat); 14g Protein; 19g Carbohydrate; 2g Dietary Fiber; 237mg Cholesterol; 1435mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 9 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	554
% Calories from Fat:	76.1%
% Calories from Carbohydrates:	13.7%
% Calories from Protein:	10.2%
Total Fat (g):	48g
Saturated Fat (g):	28g
Monounsaturated Fat (g):	14g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	237mg
Carbohydrate (g):	19g
Dietary Fiber (g):	2g
Protein (g):	14g
Sodium (mg):	1435mg
Potassium (mg):	983mg
Calcium (mg):	72mg
Iron (mg):	4mg
Zinc (mg):	2mg
Vitamin C (mg):	6mg
Vitamin A (i.u.):	1793IU
Vitamin A (r.e.):	478RE

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	75mcg
Niacin (mg):	12mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	9
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	554	Calories from Fat: 421
-----------------	-----	------------------------

% Daily Values*

Total Fat	48g	73%
Saturated Fat	28g	139%
Cholesterol	237mg	79%
Sodium	1435mg	60%
Total Carbohydrates	19g	6%
Dietary Fiber	2g	9%
Protein	14g	

Vitamin A	36%
Vitamin C	10%
Calcium	7%
Iron	20%

* Percent Daily Values are based on a 2000 calorie diet.