

Chanterelle Soup with Chinese 5 Spice



Chinese five-spice is an aromatic combination of five or more spices used predominantly in Chinese and Taiwanese cuisine and usually includes Sichuan pepper, star anise, ground cloves, ground Chinese cinnamon, and ground fennel seeds. Some mixes also include ginger. It is a potent blend and best when used in moderation. This blend brings a warm, spicy-sweet flavor to stir-fries and roasted meats, as well as spice cakes and cookies. It can also be used for seasoning poultry, in marinades, or in spice rubs.

This recipe is similar to doing a lab experiment. Lots of different spices blended together that elevate the Chanterelle mushrooms into a wonderful and different flavor, yet compatible with the original flavor of Chanterelles. I doubt that you will find this spice combination used anywhere else. Try it. You might find it tastier than other Chanterelle soup recipes.

2 cups Chanterelle mushrooms, chopped, dry sautéed*

13.5-ounce canned coconut milk

1 cup celery, peeled, sliced in 1/2 inch pieces, sautéed

1 tablespoon olive oil
1 cup sweet onions, chopped
1 tablespoon olive oil
1 cup carrots, peeled, steamed, chopped
1 tablespoon flour
1 tablespoon salted butter
32 ounces low sodium chicken broth
1/2 teaspoon garlic powder
1/2 teaspoon onion salt
1/2 teaspoon celery salt
1/2 teaspoon poultry seasoning
1/2 teaspoon ground black pepper
1 teaspoon salt
1/2 teaspoon ground Chinese ginger
1/4 to 1/2 teaspoon Chinese 5 spice**
2 sprigs lemon grass
1/2 teaspoon Sriracha hot pepper sauce or to taste
1 cup medium-size egg noodles prepared as per their directions
3 tablespoons fresh parsley, chopped
Parsley, fresh, chopped for garnish

Dry sauté the chopped Chanterelles. Once all the liquid is absorbed add 1 tablespoon salted butter and continue to sauté until crisp-tender. Put the Chanterelles along with about 4-6 tablespoons of coconut milk in a food processor and blend until creamy; set aside. Sauté the onions in olive oil until tender and translucent; chop finely in a food processor; set aside

Steam peeled carrots until tender, about 20 minutes. After cooling chop into bite-sized pieces; set aside. Peel, then sauté celery in olive oil until tender, set aside.

Make a roux in a small pan by combining 1 tablespoon flour with 1 tablespoon salted butter on medium heat and stir until smooth and thickened. Move the roux to a soup pot and add the chicken broth, creamed Chanterelles, and onions along with the rest of the ingredients, except the fresh parsley.

Add the rest of the coconut milk and cooked egg noodles that were prepared as per package directions and mix in. Cook all ingredients, except the fresh parsley, on medium heat for 15 minutes, stirring occasionally. Add the fresh parsley at the end and cook another minute.

The soup will taste better if cooled and then refrigerated overnight. This will give the ingredients time to blend together resulting in a better flavor. Remove the lemon grass and heat before serving. Garnish with fresh, chopped parsley.

*See menu item 'Mushroom Info' then click on 'Collecting & Preserving Wild Mushrooms' and then click on 'dry sautéing'.

**Until you are sure you like the taste of Chinese 5 spice try adding only ¼ teaspoon of this spice mixture.

Serves: 4