
Lion's Mane Mushroom Bisque

serves about 8

Ingredients:

1 pound lion's mane, torn into small chunks
1 medium onion, chopped fine
5 cloves of garlic, crushed or chopped fine
½ cup sweet white wine
4 tsp. Worcestershire sauce
4 tsp. hot pepper sauce
2 tsp. dried thyme
¾ cup sherry
2 tsp. paprika
2 cups broth (mushroom is ideal)
8 oz. tomato paste
4 bay leaves
2 cups nonfat cottage cheese
2 cups half and half

Directions:

- In large pan, sauté lion's mane in a little butter or olive oil until all the water is released, but not until the edges turn brown and crispy. Set mushrooms aside.
- Sauté onion and garlic over medium-high heat in oil or butter for 10 minutes.
- Deglaze pan with white wine
- Add Worcestershire, hot sauce, and thyme, and sauté for one minute
- Deglaze pan with sherry
- Add tomato paste, paprika, broth, and bay leaves. Mix well and simmer for 10 minutes.
- Add cottage cheese and half and half to blender and blend until smooth. Set this mixture aside, leaving about ¼ of it in the blender to cool the hot ingredients that you are about to add.
- Pour hot contents of pan into blender and blend until smooth, then return to pan and add cottage cheese / half and half mixture. Mix well and heat to simmering.
- Add mushrooms to pan and simmer until everything is well heated.
- Serve with crusty bread or (even better) gruyere and white cheddar grilled cheese sandwiches on sourdough bread.

NOTE: this is a rich and flavorful recipe. Small bowls are perfect!
