



Zupa Grzybowa

(Polish Wild Mushroom Soup)

Prep Time: 15 minutes

Cook Time: 135 minutes

Total Time: 150 minutes

Yield: 6-8 bowls Polish Mushroom Soup

This traditional hearty meatless soup is a national culinary treasure. Mushroom hunters who seek out borowiki mushrooms in fall, dry them for use year-round. The soup combines dried, reconstituted mushrooms, stock, and barley, and it is finished with sour cream just before serving.

INGREDIENTS

- 4 ounces dried Polish borowiki mushrooms or dried Italian porcini mushrooms
- 3 ½ cups hot water
- 3 quarts regular strength broth
- 1 cup pearl barley
- 2 cups sour cream
- 2 Tablespoons all-purpose flour
- Salt and Pepper
- Sour cream and chopped parsley for garnish

PREPARATION

NOTE: Fresh mushrooms can be substituted for dried (8 oz. fresh = 1.5 oz dried)

1. If using dried mushrooms: combine mushrooms and hot water in a large, heatproof bowl and let stand for 1 hour. With your fingers, work mushrooms to release any grit. Let stand until very pliable, about 1 hour longer.
2. Lift mushrooms from the liquid, cut into large pieces and set aside.
3. In a 5-6 quart pot, combine stock and chopped mushrooms. Pour reserved soaking liquid into the pot, taking care not to disturb any grit from reconstituting the mushrooms.
4. Rinse and drain barley and add to the pot. Cover and bring to a boil. Reduce heat and simmer, covered until barley is tender to the bite, about 1 hour.
5. Note: If making soup ahead, at this point, cool, cover and chill up to overnight. Reheat to simmering and proceed with the next step.
6. In a medium bowl, mix sour cream with flour and temper by whisking in a little hot soup. Pour contents of the bowl into hot soup, whisking constantly on medium-high heat until it comes to a boil. Adjust seasonings.
7. Remove from heat and ladle into warm bowls. Serve with kluski noodles, if desired. Garnish with sour cream and parsley or dill, if desired.