



## Mushroom Consomme with Morels and Pastry "Hats"

 Vegetarian  Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons chives fresh
- 1 large egg yolk
- 0.8 cup madeira wine
- 0.8 cup morel mushrooms dried
- 2 medium onion chopped
- 1 pound puff pastry frozen thawed
- 1.5 cups water boiling

- 2 pounds mushrooms white finely chopped (preferably in a food processor)
- 1 large eggs whole lightly beaten

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- pot
- sieve
- rolling pin
- slotted spoon

## Directions

- Simmer white mushrooms, onions, water, and 1 tsp salt in a 6-qt stockpot, uncovered, 1 1/2 hours.
- Strain mushroom mixture through a large sieve lined with a damp paper towel into a large saucepan, pressing gently on solids to extract as much liquid as possible. Mushroom mixture should yield about 4 cups consommé. (If less, add water; if too much, boil consommé until it is reduced to 4 cups.) Discard solids. Season consommé with salt and pepper.
- Pour boiling water over morels in a small bowl and soak until morels are softened, about 20 minutes.
- Transfer morels with a slotted spoon to a medium-mesh sieve set over a bowl. Press on morels with back of spoon to remove liquid, then add liquid from morels to soaking liquid and reserve.
- Rinse morels to remove any grit, then transfer to a small saucepan and add Madeira. Simmer, covered, 5 minutes.
- Add morels and Madeira to consommé in saucepan.

- Let reserved soaking liquid settle, then slowly pour into consommé, being careful to leave last tablespoon (containing sediment) in bowl.
- Add chives to consommé and simmer, covered, 3 minutes, then chill, uncovered, until cold, about 1 hour.
- If pastry comes as 1 sheet, cut crosswise in half.
- Roll out each piece of pastry into a 13-inch square on a lightly floured surface with a lightly floured rolling pin. Chill on baking sheets until firm, about 1 hour.
- Cut out 3 rounds from each sheet of puff pastry using template.
- Brush any excess flour from both sides of pastry rounds.
- Brush tops with some of beaten egg. Chill pastry rounds on baking sheets until firm, about 1 hour.
- Preheat oven to 425°F with rack in middle.
- Divide cold soup among bowls. (Do not chill soup in bowls.) Lightly beat yolk, then brush around edge and down side of each bowl (a 1/2-inch-wide strip). Working quickly, place each pastry round over a bowl and pull slightly so pastry is taut. Press edge down against side of bowl to seal tightly.
- When all bowls are covered with pastry, arrange in a large 4-sided sheet pan and bake until pastry is puffed and golden brown, 15 to 20 minutes.
- Serve immediately.
- Consommé can be made 2 days ahead and chilled (covered once cool). Chill soaked morels separately.

## Nutrition Facts

■ PROTEIN **9.85%** ■ FAT **55.31%** ■ CARBS **34.84%**

## Properties

Glycemic Index:34.5, Glycemic Load:20.49, Inflammation Score:-6, Nutrition Score:19.494347758915%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg,

Luteolin: 0.01mg Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

## **Nutrients (% of daily need)**

Calories: 512.98kcal (25.65%), Fat: 30.95g (47.62%), Saturated Fat: 7.92g (49.5%), Carbohydrates: 43.85g (14.62%), Net Carbohydrates: 40.33g (14.67%), Sugar: 5.51g (6.12%), Cholesterol: 61.6mg (20.53%), Sodium: 216.68mg (9.42%), Alcohol: 3.09g (100%), Alcohol %: 1.05% (100%), Protein: 12.41g (24.81%), Vitamin B2: 0.91mg (53.37%), Selenium: 36.91µg (52.72%), Vitamin B3: 8.88mg (44.42%), Copper: 0.65mg (32.66%), Vitamin B1: 0.46mg (30.43%), Manganese: 0.58mg (28.92%), Vitamin B5: 2.57mg (25.74%), Folate: 101.78µg (25.45%), Phosphorus: 235.56mg (23.56%), Iron: 4.09mg (22.74%), Potassium: 653.21mg (18.66%), Fiber: 3.53g (14.1%), Vitamin K: 14.61µg (13.92%), Vitamin B6: 0.27mg (13.44%), Zinc: 1.64mg (10.91%), Magnesium: 36.09mg (9.02%), Vitamin C: 6.47mg (7.84%), Vitamin D: 1.04µg (6.95%), Vitamin E: 0.59mg (3.96%), Calcium: 37.79mg (3.78%), Vitamin B12: 0.19µg (3.16%), Vitamin A: 130.88IU (2.62%)