

WILD LION'S MANE BISQUE (serves 8)

from farministasfeast.com

Ingredients:

- 2.5 - 3 pounds fresh wild Lion's Mane, cleaned and diced
- 4 tablespoons ghee
- 6 cloves garlic, minced
- 1 large sweet onion, sliced
- 1/2 cup finely chopped fresh flat leaf parsley
- 8 cups low-sodium chicken bone broth (preferably homemade)
- 3/4 cup sour cream
- salt and freshly ground pepper to taste

Directions:

1. Gently clean the mushrooms, removing any dirt or debris with a soft brush and damp paper towel. Roughly chop them. Set aside.
2. In a large stock pot, melt the ghee over medium-low heat. Add the garlic and onion. Sauté, stirring occasionally until translucent and just beginning to brown (about 4-5 minutes). Add Lion's Mane mushrooms and parsley. Continue sautéing for about 6-8 minutes more, or until the juices released from the mushrooms have evaporated.
3. Gradually stir in the bone broth until incorporated, and bring to a boil.
4. Reduce heat to simmer. Use an immersion blender to thoroughly purée the soup. When smooth, slowly blend in the sour cream. Season with salt and pepper to taste.

Serve with crusty sourdough bread and a glass of chardonnay for a perfect meal!