

Cremeni & Porcini Mushroom-Barley Soup

with Collard Greens, Fennel & Crème Fraîche

Crème fraîche is an amazing ingredient. Technically, it's a kind of soured cream, but it bears little resemblance to U.S.-style sour creams. Subtler, richer and more versatile, it's sweet enough to be paired with fruit, but rich and hearty enough to be used in sauces and in soups. Here, it adds an incredible, creamy finish to this dish, highlighting the unique earthiness of the porcini mushrooms in the broth.



Ingredients

- ½ Cup Pearled Barley
- 8 Ounces Cremini Mushrooms
- 1 Bunch Collard Greens
- 1 Carrot
- 1 Fennel Bulb With Fronds
- 1 Yellow Onion
- 1 Bunch Thyme

Knick Knacks

- 1 Tablespoon Sherry Vinegar
- ½ Cup Crème Fraîche
- ½ Cup Grated Pecorino Cheese
- ½ Ounce Dried Porcini Mushrooms

Makes 2 Servings

About 575 Calories Per Serving

Cooking Time: 35 to 45 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Quarter the cremini mushrooms. Remove and discard the stems of the collards greens; thinly slice the leaves. Peel and slice the carrot into rounds. Pick off and reserve some of the fennel fronds (the green, thread-like tops of the plant). Separate the fennel stems from the bulb; thinly slice the stems and small dice the bulb. Peel and small dice the onion. Pick the thyme leaves off the stems; discard the stems and roughly chop the leaves. In a small bowl, combine the **crème fraîche** and **half the thyme**; season with salt and pepper to taste. Place the **dried porcini mushrooms** in a bowl with **2 cups of hot water**.

2



Cook the cremini mushrooms:

In a medium pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **cremini mushrooms** and season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until browned and softened.

3



Cook the aromatics:

Add the **carrot, fennel bulb, fennel stems, onion** and **remaining thyme** to the pot of cremini mushrooms; season with salt and pepper. (If the pot seems dry, add an additional teaspoon of olive oil.) Cook, stirring occasionally, 4 to 6 minutes, or until the aromatics have softened.

4



Start the soup:

To the pot of mushrooms and aromatics, add the **collard greens, barley, 3 cups of water, the water from the bowl of porcini mushrooms** and the **porcini mushrooms** (roughly chopping before adding). Heat to boiling on high. Once boiling, reduce the heat to medium-low. Simmer 18 to 20 minutes, or until the soup is slightly thickened and the barley is tender. Remove from heat.

5



Finish the soup:

Off the heat, stir the **vinegar, Pecorino cheese** and **half the seasoned crème fraîche** into the soup; season with salt and pepper to taste.

6



Plate your dish:

Divide the finished soup between 2 bowls. Garnish with the **fennel fronds** and **remaining seasoned crème fraîche**. Enjoy!