

# Roasted Mushroom & Sunchoke Bisque

Adapted from: [allrecipes.com](http://allrecipes.com)



## INGREDIENTS

- 2 1/2 cups **mushrooms** washed and sliced
- 1/2 pound **sunchoke**s, scrubbed and sliced 1/3 " thick
- 2 medium **potatoes**, scrubbed and cut into 1/2" pieces
- 3-4 cloves of garlic, chopped
- 1/2 large **onion**, chopped
- 2 tablespoons butter
- 2 tablespoons olive oil
- 5 cups vegetable broth
- 2 cups of water
- Salt and pepper to taste
- 1 tablespoons fresh sage or thyme, or 1 1/2 teaspoons dried
- 1/2 cup cream or other nut milk - optional

## DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Toss sunchoke, potatoes and garlic with 1 tablespoon olive oil in a large bowl, season with salt and pepper. Spread mixture on a baking dish and bake for 40 minutes until soft and brown.
3. Toss mushrooms with 1 tablespoon olive oil and place in a separate baking dish, add to oven with potato/sunchoke mixture and bake 20 minutes.
4. Melt butter in a large pot over medium-low heat, and cook chopped onion until soft.
5. Stir in the roasted potato/sunchoke mixture, and roasted mushrooms.
6. Add water, and a little more salt and allow mixture to simmer for 5 min. Stir occasionally.
7. Add the broth and sage (or thyme) and simmer for 20 minutes allowing flavours to blend.
8. Allow soup to cool slightly and pour batches into a blender and puree, or use a stick blender within the pot.
9. Transfer back into a pot, heating the soup again on low/medium and stir in cream or nut milk (if using) right before serving.

### What is a Sunchoke?

**Sunchokes**, also known as **Jerusalem artichokes** are native to North America. They are the knobby root of a yellow flower that looks similar to ginger. They can be cooked like a potato, and have a rich earthy taste. But watch out! They are high in a type of fibre called "inulin". Inulin is excellent for your digestive tract, but may cause \*ahem\* ... some gassiness.

### Mighty Mushrooms....

Oyster mushrooms grow wild around the world and can be white, yellow, blue and even pink! They grow and feed off cellulose, and as such are easily grown on wheat straw or even decaying wood. Did you know, that there is growing research showing that oyster mushrooms can help the environment by decomposing everything from coffee grounds to petroleum products? Researchers are working on how mushrooms can help clean up oil spills! "Mycrorestoration" is the name of the process whereby mushrooms decrease local pollution levels.

# Fresh & Tasty Mushrooms



This month you are officially introduced to **Fresh & Tasty Mushrooms**. Located in Amaranth, they grow more than 10 different types of mushrooms, among other specialty veggies like the cucamelon; a tiny vegetable that looks like a mini watermelon and tastes like a cucumber! Sean, the mushroom farmer, has a wealth of knowledge about growing and cultivating mushrooms. He says that the Oyster mushrooms in your bag grow naturally in Ontario in late spring and early fall, but NEVER eat wild mushrooms without consulting a professional first! Sean helped with the decision to put **Blue Oyster mushrooms** in your pack for this month's recipe. We know you won't be disappointed. This month's recipe is rounded out with **sunchokes** from Doug at **UpHill Farm**, an **onion** from **Fiddlefoot Farm** and **potatoes** from **Reid's Potatoes**. You will find **leeks** from Reid's Potatoes, which gives you the option to make potato leek soup with your pack leftovers. Local Food Club continues to connect with new farmers across Headwaters region, we aim to share with families the wide variety of hyper-local food options in our area. As such, you will find either **pea or sunflower shoots** in your bag sourced from **Nature's Nurturing** in Caledon area. Enjoy your dinner with freshly baked **cheddar & chive biscuits** from **Amanda's Country Bakery**. Enjoy November's food pack and get ready for our special holiday pack in December!

## Get the Kids in the Kitchen!

Lets get chopping! Teaching children safe knife handling skills is important. The Blue Oyster mushrooms in your pack are soft so minimal force is required to cut them which makes them a safe food to introduction chopping. Use a small paring knife and remind children to keep fingers out of the way. Chop off the woody ends of the mushrooms and gently slice mushroom caps. Younger children can scrub the sunchokes and potatoes, and rinse the pea or sunflower shoots.

## Nutrition Report

A+

**Vitamin C**

One potato has more vitamin C than a tomato. Vitamin C is excellent for your skin and can protect against immune deficiencies.

A

**Vitamin D**

Mushrooms are one of the few vegetables that naturally contain vitamin D. When sunlight levels are low over winter, mushrooms can help meet that need.

A

**Inulin**

Sunchokes contain inulin which is excellent for lower gut health. It serves as food for the beneficial bacteria that lives in your gut.

## this month's food is from...

**Fiddle Foot Farm**

[fiddlefootfarm.com](http://fiddlefootfarm.com)

**Nature's Nurturing**

[nmicrogreens@gmail.com](mailto:nmicrogreens@gmail.com)

**Amanda's Country Bakery**

[amandascountrybakery.ca](http://amandascountrybakery.ca)

**Fresh & Tasty**

[freshandtastymushrooms.com](http://freshandtastymushrooms.com)

**Reid's Potatoes**

[reidspotatoes.com](http://reidspotatoes.com)

**UpHill Farm**

[doug@uphill.ca](mailto:doug@uphill.ca)

The Local Food Club is a project of Headwaters Food & Farming Alliance, in partnership with Headwaters Communities in Action.

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[hffa.ca/farmtoschool](http://hffa.ca/farmtoschool)



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