



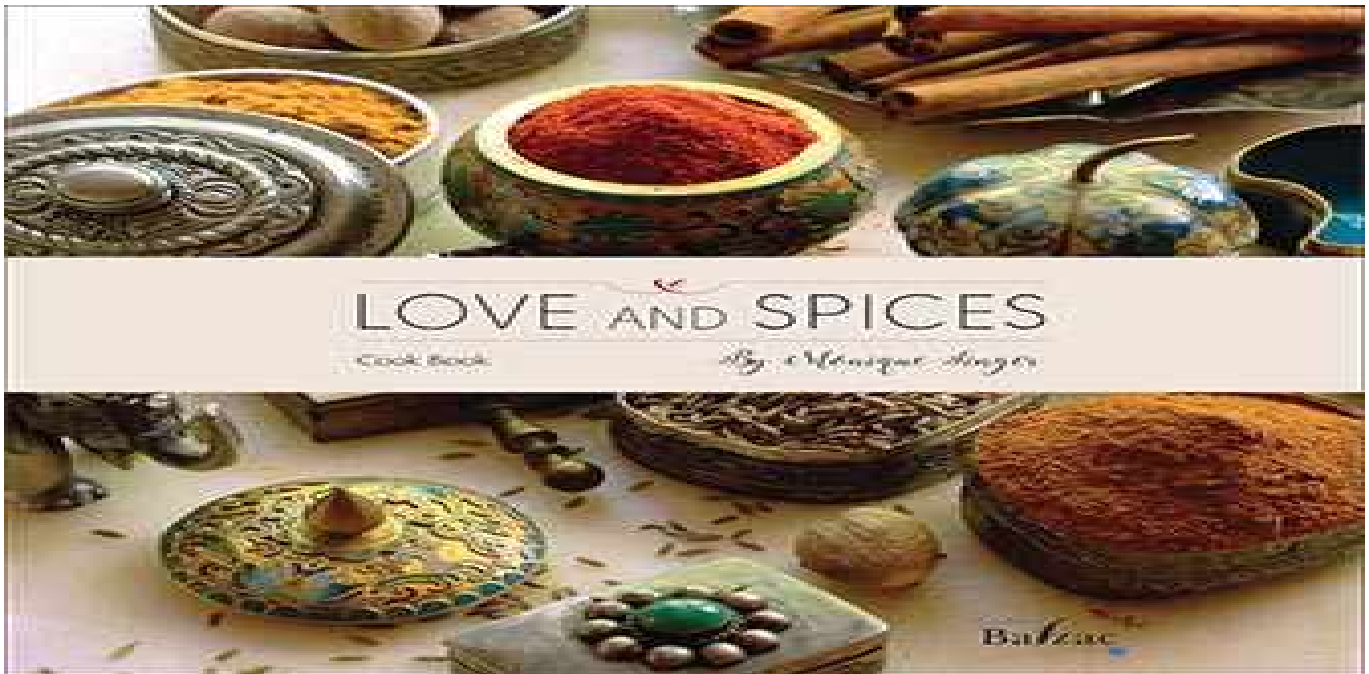
Love and Spices: Mushroom soup with parmesan crisps

## Description

**A wonderfully textured soup that can be served with just about anything**

Recipe by **Monique Singer**

Updated March 6, 2021



**Westmount Magazine** is proud to offer its readers sample recipes from [Love and Spices](#), a beautifully illustrated cookbook by **Monique Singer**. With this new series, you will discover some unique recipes dedicated to cooking with spices, from hors d'œuvres to desserts.

Monique Singer knows how to make people talk, sing and dance spices! From her earliest childhood, alongside



her grandmother and sisters, she learned how to create a delicious and original cuisine with her senses, her hands and all her love.

From her family's table to the jet-set parties she has catered in New York, Los Angeles, Venezuela, Spain, Haiti, and Asia, regardless of the set-up, function, atmosphere or style, Monique's food has left its imprint on people's taste buds. Enjoy!

## Mushroom Soup with Parmesan Crisps

Preparation time: 14 min | Cooking time: 45 min | Yields: 6 to 8 servings

- 1 lb / 450 g Cremini mushrooms, chopped
- 1/2 lb / 225 g shiitake mushrooms, chopped
- 1 medium carrot, chopped
- 1 potato, chopped
- 2 leeks, chopped
- 2 large shallots, chopped
- 2 tbsp avocado oil
- 4 cups / 1L vegetable stock
- 1/2 tsp fresh ginger, grated
- 1 tsp fresh thyme, chopped
- 1/4 tsp sea salt
- 1/4 tsp freshly ground pepper
- 2 tbsp truffle flavoured olive oil for garnish

Chop the mushrooms, shallots, leeks, carrot and potato.

In a soup pot, heat oil over medium heat.

Sauté the leeks, shallots, carrot, potato for 10 minutes.

Add the mushrooms, continue to sauté for another 5 minutes.

Season with grated ginger, salt, pepper.

Pour in the vegetable stock.

Bring to a boil at medium-high, uncovered.

Lower the heat to medium-low, covered.

Simmer until the vegetables, are tender, about 30 minutes.

Puree with vertical hand blender until smooth.

Drizzle with truffled olive oil.

Serve with Parmesan crisps.

### PARMESAN CRISPS

Preparation time: 2 min | Cooking time: 4 min | Preheat oven to 400°F / 200°C | Yields: 12 servings

- 1 1/2 cup / 160 g freshly grated Parmesan cheese, not ready packaged

Arrange the cheese in tightly packed 1 tablespoon mounds, spaced 2 inches / 5 cm apart on a baking dish lined with parchment paper.

Using your fingers spread the cheese evenly into circles 2 inches or 5 cm in diameter.

Bake for 4 to 5 minutes until the edges are golden, making sure the edges do not burn.

Transfer the crisps to a paper towel using a spatula.

They will still be soft and will firm up as they cool.



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*The crisps can also be baked at 300°F / 150°C for about 8 minutes.  
You can easily double the recipe to make extras for snacking!*

Images: Anne Fillion

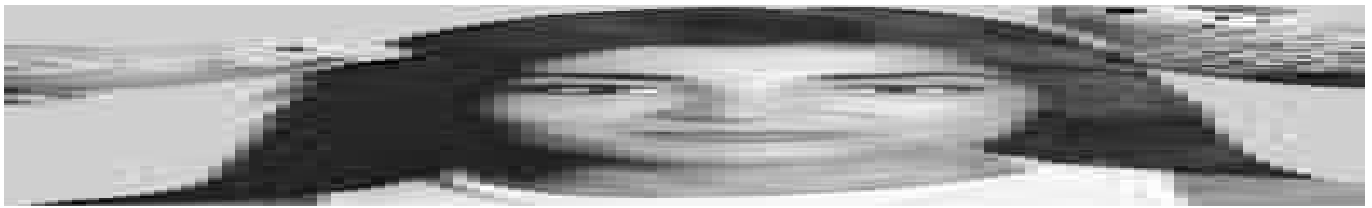
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**Monique Singer** is a cultural creator now based in Montreal, usually found travelling the world, experiencing other cultures and sharing what she finds most interesting. At the top of her food passion is her attraction for spices, their benefits and the distinctive flavour they bring to all dishes. [LinkedIn](#)



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#### Date Created

March 2021