

Wild Mushroom Ragout

Chef James Sant Yield: 8 servings

This is one of my favorite ways to combine dried wild and fresh mushrooms in a hearty soup or ragout. Using a very rich broth is a key component. See my “Zone Broth” recipe on YouTube (PlantFoodChef James Sant), or make a rich mushroom broth.

Ingredients:

- 1 butternut squash (just the neck, peeled and spiralized)
- 1 small head of Romanesco, sliced into ½ florets
- 1 large onion, sliced in thin half moons
- 2 quarts “Zone Broth” (or mushroom broth)
- 1 cup dried black trumpets, soaked
- 1 cup fresh gold chanterelles, shredded in thin strips lengthwise
- 1 cup fresh cremini, (or any other mushroom), thin sliced
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1 teaspoon fresh thyme, minced
- 1 teaspoon fresh rosemary, minced
- 1 tablespoon arrowroot powder (or cornstarch)
- ½ teaspoon white pepper
- 1 teaspoon Real salt
- 3 collard green leaves, destemmed & chiffonade slice (thin ribbons)

Instructions:

Soak your dried black trumpet mushrooms in warm water for at least 30 minutes.

Bring a pot of water to boil for blanching the squash and Romanesco florets.

Slice the onion into thin half-moons and sauté to caramelize. I use soup stock when caramelizing the onions as I am avoiding using much oil in cooking. Remove from the pan and set aside.

Cut the neck off the butternut squash and peel the skin off. Spiralize into fettuccini pasta (snip to shorten the lengths). If you do not have a spiralizer, you can use a julienne peeler or mandoline. Break the Romanesco into florets and cut them down into halves or quarters depending on the size of each floret.

Turn the boiled water to low and add the spiralized squash and Romanesco florets.

Stir the arrowroot into ½ cup of the soup broth and set aside.

Chop and rip the mushrooms. Add to the heated dry sauté pan and sweat the water out, stirring to combine just until all the water releases. Move the mushrooms to the outer edge, turn heat down and put a dollop of olive oil and the chopped garlic in the middle of the pan. Stir 1 minute, then bring stir into all the sauteed mushrooms with the chopped herbs. Stir in the arrowroot/stock and stir to combine (add about ½ cup more of the stock).

Check the squash for an el dente texture. Drain the squash and florets and add to the ragout. Gently stir to combine.

Add more stock if you desire more of a soupy texture or leave it as a thicker stew texture. Add salt and pepper to taste.

Just before serving, Add the fresh collard leaves (stemmed and cut to thin chiffonade ribbons).

Options: I like to add diced sun-dried tomatoes as well. If they are hard, soak them before adding ½ cup.

Storage: Wild Mushroom Ragout will keep for up to 4 days, covered in the fridge.