



## Scarlet Elf Cup and Bittercress Soup



Scarlet elf cups are lovely to eat, but a little insubstantial so this is actually an “any mushroom” and scarlet elf cups soup! The bittercress really adds a kick to the soup.



## Ingredients: to serve 2

- 40g butter.
- 1 small onion.
- 400g mushrooms (any wild edible mushrooms such as oysters, St. Georges, etc. or shop bought).
- 50g scarlet elf cups.
- 2 whole scarlet elf cups.
- 1 tablespoon plain flour.
- 500ml hot stock.
- 2 tablespoons single cream.
- A handful of chopped bittercress.

## Method:

1. Heat the butter in a large saucepan and cook the onions until soft but not browned, about 5 mins.
2. Add the mushrooms (keeping 2 elf cups back) and cook over a high heat for another 3 mins until softened.
3. Sprinkle over the flour and stir to combine.
4. Pour in the chicken stock, bring the mixture to the boil, then simmer for another 10 mins.
5. Remove the mushroom mixture from the heat and blitz using a hand blender until smooth.
6. Gently reheat the soup and stir through the cream (or you could freeze the soup at this stage – simply stir through the cream when reheating).
7. Stir through the cuckoo flowers.
8. Serve with an elf cup floating on the top of the soup.