

## Zupa Grzybowa: The Best Polish Mushroom Soup Recipe You'll Ever Try

Authentic Polish Mushroom Soup (Zupa Grzybowa): A Taste of Old-World Comfort



**TIME**  
**30 min**

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### INGREDIENTS

**Mushrooms:** 450 g fresh mushrooms (cremini, button, or ideally wild chanterelles/porcini) OR 45 g dried mushrooms.

**Onion:** 1 medium onion, finely chopped for that savory base.

**Fats:** 2 tablespoons vegetable oil and 1 tablespoon butter (the butter adds a necessary richness to the mushrooms).

**Vegetables:** 2 carrots (diced) and 5 medium potatoes (peeled and diced).

**Broth:** 2 liters of high-quality chicken or vegetable broth.

**The Creamy Finish:** 200 ml sour cream (full fat is best for texture).

**Herbs:** 2 tablespoons fresh dill, chopped. Freshness is key here!

**Seasoning:** Salt and freshly cracked black pepper to taste.

### DIRECTIONS

- 1. Prepare the Mushrooms:** If you are using dried mushrooms, place them in a heat-proof bowl and cover with hot water. Let them rehydrate for at least 30 minutes. Once soft, drain them, but do not throw away the liquid! Strain that liquid through a coffee filter or fine mesh sieve to remove any grit; it's liquid gold. Chop the rehydrated mushrooms. If using fresh mushrooms, simply wipe them clean and slice into bite-sized pieces.
- 2. SautØ the Aromatics:** In a large, heavy-bottomed pot, heat the vegetable oil over medium heat. Add your chopped onion and sautØ until it's soft and translucent-usually about 5 minutes. Toss in your diced carrots and potatoes. Stir them frequently for about 3-4 minutes; this "toasting" of the vegetables helps release their natural sugars.
- 3. Brown the Mushrooms:** Add the butter and your mushrooms to the pot. SautØ for about 5-7 minutes. You want the mushrooms to release their moisture and start to take on a golden-brown edge. This is where the flavor lives!
- 4. Simmer to Perfection:** Pour in the 2 liters of broth. If you used dried mushrooms, add that reserved soaking liquid now. Bring the pot to a boil, then immediately reduce the heat to a simmer. Cover the pot and let it cook for 15-20 minutes, or until the potatoes and carrots are fork-tender.
- 5. Temper and Finish:** This is the most critical step: Tempering the sour cream. If you dump cold sour cream into hot soup, it will curdle and look unappetizing. Instead, put your sour cream in a small bowl and whisk in a ladleful of the hot soup liquid. Once smooth,

slowly pour the tempered mixture back into the pot.

6. Gently warm the soup through (do not let it boil again!) and stir in the fresh dill. Season generously with salt and pepper.

## SWAPS & NOTES

**The Mushroom Mix:** If you can't find wild mushrooms, use a mix of Cremini (Baby Bella) and Shiitake.

To really level up, use fresh mushrooms but add a tablespoon of crushed dried porcini for that "forest floor" depth.

**Dairy-Free:** You can use a cashew-based cream or a high-fat coconut milk, though it will slightly alter the traditional flavor profile.

**Broth:** If you are looking for a vegetarian version, a rich roasted vegetable stock works beautifully.

## TIPS FOR SUCCESS

Don't Skimp on the Dill: In Polish cooking, dill isn't just a garnish; it's a primary seasoning.

It adds a bright, grassy note that cuts through the richness of the cream.

Potato Size: Try to dice your potatoes into uniform cubes (about 1/2 inch).

This ensures they cook at the same rate as the carrots.

**More recipes: [ChefManiac.com](#)**

Original recipe: <https://chefmaniac.com/zupa-grzybowa-the-best-polish-mushroom-soup-recipe-youll-ever-try/>