

## Daphne Miller's Mushroom Soup with Ginger

By Daphne Miller

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1 ¼ cup shiitake, white button, maitake, cremini, or oyster mushrooms cut in

¼ inch slices

1/2 inch cube of fresh ginger (you can add a bit more if you really love ginger)

2 cups cold water

1 tablespoon white or red miso paste

1 tsp Mirin, sake or rice vinegar

1 tbsp finely chopped scallion

Put mushrooms, ginger and water in a pot with a lid and bring to a boil, immediately turn down heat and simmer for 30 minutes. Remove from heat and take out ginger. Put ¼ up of broth in a bowl and stir in miso paste and Mirin.

Stir this mixture into the pot. Serve topped with scallions.

Serving size: 1 dose

*Margaret's note: this is a real therapeutic soup. Wonderful relief for upper respiratory congestion and hay fever symptoms.*