

Prep Time: 15 minutes
Cook Time: 35 minutes
Total Time: 50 minutes
Difficulty: Easy
Cuisine: Hungarian

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Ingredients

- 4 tablespoons unsalted butter (or 2 tablespoons butter + 2 tablespoons olive oil)
- 1 large yellow onion, finely chopped (about 1½ cups)
- 1 pound (450 g) fresh mushrooms (cremini, button, or a mix), sliced
- 2 teaspoons dried dill weed (or 2 tablespoons fresh dill, chopped)
- 1 tablespoon sweet Hungarian paprika

- 1 teaspoon smoked paprika (optional, for depth)
- 2 tablespoons all-purpose flour
- 2 cups (480 ml) vegetable or chicken broth
- 1 cup (240 ml) whole milk
- ½ cup (120 ml) sour cream
- 1 tablespoon soy sauce (or tamari for gluten-free)
- 1 tablespoon fresh lemon juice
- 1 teaspoon salt, or to taste
- ½ teaspoon freshly ground black pepper
- 2 tablespoons fresh parsley, chopped (for garnish)

Instructions

Step 1: Sauté the Onions (5 minutes, Medium Heat)

In a large pot or Dutch oven, melt the butter over medium heat. Add the chopped onion and cook, stirring occasionally, until soft and translucent, about 5 minutes. Avoid browning the onions—you want them sweet and tender, not caramelized.

Step 2: Cook the Mushrooms (8–10 minutes, Medium-High Heat)

Add the sliced mushrooms to the pot. Stir to coat them in butter, then let them cook undisturbed for 3–4 minutes so they begin to brown. Stir and continue cooking for another 5–6 minutes, until the mushrooms have released their moisture and it has mostly evaporated. The mushrooms should be golden and slightly reduced in volume.

Step 3: Bloom the Paprika and Dill (1 minute, Low Heat)

Reduce the heat to low. Sprinkle the dried dill, sweet paprika, and smoked paprika (if using) over the mushrooms and onions. Stir constantly for about 1 minute—just until fragrant. Be careful not to burn the paprika, as it can turn bitter. This step is crucial for developing the soup's signature color and flavor.

Step 4: Make the Roux (2 minutes, Medium-Low Heat)

Sprinkle the flour over the mushroom mixture and stir to combine. Cook for 1–2 minutes, stirring constantly, to eliminate the raw flour taste. The mixture will look thick and paste-like.

Step 5: Add the Broth (5 minutes, Medium Heat)

Slowly pour in the broth while stirring constantly to prevent lumps. Increase the heat to medium and bring the soup to a gentle simmer. Cook for about 5 minutes, stirring occasionally, until the soup thickens slightly.

Step 6: Add the Milk and Simmer (10 minutes, Low Heat)

Reduce the heat to low. Stir in the milk, soy sauce, salt, and pepper. Simmer gently for 10 minutes, stirring occasionally. Do not let the soup boil vigorously after adding the milk, as it can curdle or scorch.

Step 7: Finish with Sour Cream and Lemon (2 minutes, Low Heat)

In a small bowl, whisk the sour cream with a ladleful of the hot soup to temper it. This prevents curdling. Stir the tempered sour cream back into the pot, along with the fresh lemon juice. Taste and adjust seasoning—add more salt, pepper, or lemon juice as needed. Warm

through for 1-2 minutes, but do not boil.

Step 8: Serve and Garnish

Ladle the soup into bowls and garnish generously with fresh parsley and, if desired, a swirl of sour cream or a sprinkle of fresh dill. Serve hot with crusty bread or a side salad.

Time and Intensity Overview

Phase	Time	Heat Level		Intensity
Sauté onions	5 min	Medium	Low	
Cook mushrooms	8-10 min	Medium-High	Medium	
Bloom spices	1 min	Low	High (constant stirring)	
Make roux	2 min	Medium-Low	Medium (constant stirring)	
Add broth	5 min	Medium	Low	
Simmer with milk	10 min	Low	Low	
Finish with sour cream	2 min	Low	Low	
Total	~50 min		Easy	

Nutrition Information (Per Serving, Based on 6 Servings)

Note: Nutrition values are estimates and will vary based on exact ingredients and portion sizes.

- Calories: ~230 kcal
- Total Fat: 15 g

- Saturated Fat: 9 g
- Cholesterol: 40 mg
- Sodium: 620 mg
- Total Carbohydrates: 17 g
- Dietary Fiber: 3 g
- Sugars: 7 g
- Protein: 7 g
- Vitamin A: 20% DV
- Vitamin C: 10% DV
- Calcium: 12% DV
- Iron: 8% DV