

RECIPE



Asparagus Soup—Cool and Silky

Ingredients

- 2 pounds fresh green asparagus, trimmed and cut into 2- inch pieces
- 8 cups water
- 4 tablespoons butter
- 1 cup minced yellow onions
- 1 cup minced leeks, white part only
- Salt and freshly ground white pepper
- 1 tablespoon chopped garlic
- 1/4 cup all-purpose flour
- 1 cup heavy cream
- 1/4 cup crème fraîche

Add the water to a saucepan and season with salt, bring to a boil. Add the asparagus, cook for 3 minutes. Remove and drain, reserving the water and asparagus. In a large saucepan, melt the butter. Add the onions and leeks. Season with salt and pepper. Sauté until slightly wilted, about 2 minutes. Stir in the garlic and flour. Continue to cook for 2 minutes. Stir in the cooked asparagus and reserved liquid. Season with salt and pepper. Bring the liquid to a simmer and cook for 25 minutes, or until the asparagus are very tender.

Using a hand-held blender (or an upright blender...in batches) puree the soup until smooth. Strain the soup and whisk in the cream. Re-season with salt and pepper. Remove from the heat and chill the soup completely. Garnish each soup with a drizzle of crème fraîche.

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