

Cream of Asparagus Soup

Ingredients

2- 1/2 lbs. fresh asparagus
1 cup diced onion
1 teaspoon garlic, minced
1/4 teaspoon salt
1/8 teaspoon white pepper
4 Tablespoons Butter
8 cups vegetable or chicken stock
2 cup heavy cream
*option; garnish with finely grated parmesan cheese



Directions

Cut tough ends off asparagus and discard, scrape stalks and wash well. Cut the tips off and reserve for garnish. Cut the stems into 1/4 to 1/2 inch pieces.

In a medium pot, bring the stock to a boil. Add the stems, lower the heat and simmer to infuse with asparagus flavor, 20 minutes. Remove with a slotted spoon and set aside, reserving the stock.

Add the decorative tips to the stock and blanch until tender, 1 to 1 1/2 minutes. Remove with a strainer and refresh in an ice water bath. Drain on paper towels and reserve for the garnish. Reserve the stock.

In a medium stockpot, melt the butter over medium-high heat. When foamy, add the onion and cook until tender, about 3 minutes. Add the garlic and cook until fragrant, about 1 minute. Add the chopped asparagus stalks, salt, and pepper, and cook, stirring, for 2 minutes. Add the reserved broth and simmer until the asparagus are very tender, 15 to 20 minutes. Remove from the heat.

With a hand-immersion blender or in batches in a food processor, puree the soup until smooth. Adjust the seasoning, to taste. Return to medium heat and add the cream and reserved asparagus tips. Cook, stirring, until the soup is warmed through, about 3 minutes.