

Cream of Asparagus Soup

Adapted from Dorie Greenspan's *Around My French Table*



Servings: 6

- 1 1/2 pounds fresh asparagus
- 2 quarts water
- 1 teaspoon kosher salt
- 2 tablespoons oil
- 2 tablespoons unsalted butter
- 1 whole onion, diced
- 2 whole leeks, cleaned, chopped
- 2 whole shallots, peeled, diced
- 1 large garlic clove, peeled, mashed
- 1 teaspoon chicken soup base (the concentrate)
- 2 cups half and half
- 1/3 cup heavy cream
- 2 tablespoons unsalted butter, added at the end (optional)
- 4 tablespoons creme fraiche, for garnish
- 1 tablespoon fresh chives, for garnish

1. ASPARAGUS: wash and clean. Pull the top of each spear down, holding the stem with your other hand. It will break off where it should. Place tops in one pile; the bottoms in another pile.
2. Add water to a large soup pot and bring to a boil. Add the asparagus bottoms. Simmer for about 10 minutes until the asparagus is cooked through. Remove with slotted spoon and discard. Add the top parts of the asparagus to the water and simmer for about 4 minutes.
3. Meanwhile, in another pot add oil and butter and heat until bubbling. Add the leeks, onions and shallots and saute over low heat for about 10 minutes. Do not burn. Add this mixture to the asparagus mixture. Add chicken soup base. Simmer for about 10 minutes.
4. Use an immersion blender (or pour mixture in batches into a standing blender) to puree. You can pour this pureed mixture through a sieve to remove any of the vegetable fiber (I like it with the texture). Add the half and half and heavy cream. Taste for seasoning. Heat mixture JUST below a simmer, about 5 minutes, and serve. Do not boil this mixture or it will separate. Add butter at the end if desired.
5. Scoop about 1 1/2 cups of soup into each bowl and garnish with creme fraiche and chives.

Per Serving (excluding unknown items): 342 Calories; 30g Fat (74.7% calories from fat); 6g Protein; 16g Carbohydrate; 3g Dietary Fiber; 77mg Cholesterol; 476mg Sodium. Exchanges: 2 1/2 Vegetable; 1/2 Non-Fat Milk; 6 Fat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>