

Cream of Asparagus Soup

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

Step 1: Preparing Your Mise en Place

- 3/4 cup onions
- 2 cloves garlic
- 4 cups asparagus
- 4 tbsp butter*
- 4 tbsp all-purpose flour
- 4 cups liquid**

To prepare your mise en place, finely dice the onions and mince the garlic.

Snap the tough ends from the asparagus. Peel any thick stalks to remove the tough fibers. Cut into 1" -inch pieces. You may want to reserve about 10 asparagus tips to garnish the final soup with (optional).

Measure out the butter, flour and liquid. Set aside.

*Note: The fat can be either oil, butter or non-dairy butter.

**Note: The liquid can be vegetable stock, milk or even non-dairy milk.

Step 2: Making & Serving the Soup

- sea salt (to taste)
- freshly ground black pepper (to taste)
- 1/2 cup cream (optional)*

Note: If garnishing with asparagus tips, blanch them for approximately 1 to 2 minutes or until just cooked through. Transfer to an ice bath to cool. Drain and dry. Cut in half lengthwise. Set aside.

To make the soup, melt the butter in a medium-sized pot over medium-low heat. Add the onions and garlic along with a pinch of salt. Gently sweat until the onions are translucent, about 10 minutes.

Next, sauté with the flour and stir to combine. Temper in the liquid, a bit at a time. Turn the heat up to medium and bring the soup to a simmer. Stir often to make sure the bottom does not scorch. Simmer for approximately 5 to 10 minutes to cook off any starchy flavor.

Add the asparagus along with a good pinch of salt. Simmer until just tender.

Transfer the soup to a blender and blend until smooth. You may need to do this in batches. Return the soup to a clean pot and bring just to a simmer. Season to taste with salt and pepper and temper in the cream, if using.

*Note: For plant-based, either omit the cream or use a non-dairy substitute. Alternatively, you could add a bit of Cashew Sour Cream to finish.

Serve in warmed bowls and garnish with the blanched asparagus tips, if desired.