

Asparagus Soup

Preparation time: 55 minutes / Serves 4-6



INGREDIENTS

Stock

- 1 pound FOXY-brand asparagus
- 1 cup FOXY-brand leeks, chopped
- 1 carrot, peeled and chopped
- 4 stems FOXY-brand parsley, chopped
- 1 bay leaf
- 1/4 teaspoon salt
- 8 cups water

Soup

- 3 Tablespoons butter
- 1 cup FOXY-brand leeks, white part only, sliced
- 1 pound FOXY-brand asparagus tips
(reserved from stock ingredients), chopped
- 1 Tablespoon FOXY-brand parsley, chopped
- 1/4 teaspoon salt
- 7 cups stock
- 1/4 cup light heavy cream
- 1/4 teaspoon grated lemon peel
- crème fraîche

PREPARATION

Stock Cut lower ends off FOXY-brand asparagus for stock; save tips for soup preparation. Combine stock ingredients in a soup pot, bring to a boil and simmer 20 minutes; strain.

Soup In a soup pot, melt butter, add FOXY-brand leeks and cook 2-3 minutes; add FOXY-brand asparagus tips, parsley and salt. Stir in stock and simmer until asparagus is just tender. Blend soup well and run through a food mill to remove fibers. Return to stove and, over low heat, stir in heavy cream until heated through. Garnish each serving with a dollop of crème fraîche and lemon peel.