

Asparagus Soup

Recipe by Chef G. Garvin – Dining In

Serves: 6

1 tablespoon extra virgin olive oil
1 large shallots, chopped
1 cup celery, chopped
1 medium onion
3 garlic cloves, peeled and halved
1 medium russet potatoes, peeled and diced
6 cups chicken or vegetable stock low-sodium)
2 pounds asparagus spears, woody ends cut off and sliced 1 inch thick
2 teaspoons fresh lemon juice
Kosher salt to taste
Freshly ground pepper

Method:

1. Heat the oil in a large, heavy soup pot or Dutch oven over medium heat and add the celery, onion and 1/2 teaspoon salt. Cook gently for five minutes, stirring often until the onion and celery have softened. Add the garlic and shallots, stir together for a minute, then add the potatoes, broth, and salt to taste. Bring to a boil, reduce heat, cover and simmer for 30 minutes. Add the chopped asparagus reserving the 12 spears and simmer 10 minutes. Remove from heat.
2. Puree the soup with a hand blender or, working in 1 1/2 cup batches, ladle the soup into a blender. Place a towel over the blender, and pull it down tightly to prevent splashing. Blend each batch, then (whether you pureed the soup in the pot or in a blender) put through a medium strainer, pushing it through with the bottom of your ladle or a with a spatula. Return to the pot. Heat through, and add the lemon juice and salt and pepper to taste.
3. Steam the 12 asparagus spears for 4 minutes, until just tender. Refresh with cold water, then slice about 3/4 inch thick.
4. Ladle the soup into bowls, garnish each serving with a handful of sliced asparagus and serve.

Soup can be made a day ahead and reheated.