



Creamy Asparagus Soup with Savory Cheese Shortbreads

By Chef Veera Gaul, Ph.D.



Ingredients

4-5 teaspoons Single Estate Extra Virgin Olive Oil
1 medium white onion, thinly sliced
2-3 garlic cloves, halved
1 ½ lbs asparagus, cut into 1-inch pieces (reserve some of the tips for garnish)
1 quart low sodium Chicken or Vegetable broth
¼ cup tarragon leaves (plus more for garnish)
2 tablespoons flat leaf parsley leaves
¾ cup heavy cream
¼ cup frozen baby peas, thawed
Salt and pepper to taste
Lemon zest for garnish

Preparation

In a large pot heat the EVOO. Add the onion and garlic and cook over moderate heat stirring frequently until softened (6-10 minutes). Don't let the onions brown.

Add the asparagus (keeping aside the reserved tips for garnish) and cook for a couple of minutes. Add the broth and simmer until asparagus is tender.

Remove from heat and add the tarragon and parsley. Working in batches, puree the soup in a blender or food processor. Return to the pot.

Add the cream and peas and reheat gently. Season with salt and pepper.

In a separate small pot bring heavily salted water to a boil. Add the reserved asparagus tips and cook for 1 minute till crisp tender and bright green. Drain and plunge in ice water to cool.

Serve the soup garnished with tarragon leaves, lemon zest, reserved asparagus tips and serve with Savory Cheese Shortbreads.

Notes

You can also garnish this soup with crispy roasted chickpeas, or thinly shaved brussel sprouts that have been marinated for 30 minutes in a splash of olive oil, lemon juice, salt and pepper.

Check out the Savory Cheese Shortbreads recipe

Serves 6

Categories: Appetizers, Soups & Salads, Vegetarian, Gluten-Free, Asparagus, Garnish, Tarragon, Shortbread, Cheese