

Cream of Asparagus Soup

1 small onion, chopped
1 Tbsp butter
1 lb. local asparagus, bottoms trimmed, cut into 1-inch pieces
1 Tbsp dry white wine or lemon juice (optional)
4 cups chicken or vegetable stock
1/4 cup 35% cream

Sauté onion in butter, add asparagus and sauté another 2-3 min. Add wine or lemon juice if using, cook for 1 min. more. Add stock, bring to a boil, reduce to low and simmer for about 25-30 min.

Puree soup until smooth*, add cream, salt pepper to taste. Return to pot and simmer until warmed through. Serve immediately.

TIPS:

*If using a blender, allow soup to cool a little before pureeing, otherwise it may "explode" out of the blender and all over your kitchen.

Serve topped with a few blanched asparagus tips, or swirl a small spoon of sour cream into soup.

Yield: 6 servings