



Asparagus Soup

Ingredients:

- 1 Bunch Asparagus, blanched (blanching water reserved)
- 1 T. Oil (rice bran, safflower, avocado or other high-heat oil)
- 3 Shallots, sliced
- 4 Garlic cloves, chopped
- ½ cup White Wine
- ½ cup Half and Half
- Salt and Pepper to taste

Method:

1. Cut off asparagus tips and reserve for garnishing.
2. Place asparagus stems in blender with 2 cups of the blanching water and puree until smooth.
3. Saute shallots and garlic in oil for 5 to 6 minutes and add wine.
4. Reduce wine by half and add shallots, garlic and wine to blender. Pulse to combine.
5. Add half and half and adjust seasonings.
6. Return to pan and bring to a simmer.
7. Serve hot with asparagus tips.