

Pan-Roasted Asparagus Soup

Serves: 4

Prep Time: 40 minutes

Ingredients

1½ pounds thin asparagus (if
using thick spears, peel it first)
2 tablespoons butter or extra
virgin olive oil

½ teaspoon dried tarragon or 10
fresh tarragon leaves
4 cups chicken or vegetable stock
Salt & pepper

1. Break off bottom of each asparagus stalk and discard.
2. Coarsely chop the stalks leaving 12-16 of the tips whole
3. Put butter or oil in a large deep skillet over medium-high heat.
4. Allow butter or oil to heat for a minute before adding asparagus and tarragon.
5. Raise heat to high and cook stirring occasionally until nicely browned – about 10 minutes
6. Remove asparagus tips and set aside
7. Add stock and bring to a boil
8. Reduce heat and simmer until asparagus is very tender – about 10 minutes
9. Salt and pepper to taste
10. Allow the soup to cool in the skillet for several minutes
11. Pour soup into a blender in batches and carefully puree.
12. Put asparagus tips into the bowls and ladle soup over the tips