

From Raymond – May 2013 W1 (May 5)

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Creamy Asparagus Tarragon Soup

From [“The Celebrate Cookbook” by Sheila Lukins](#)

Serves 4

Ingredients

1 large leek, including 2 inches of the green
2 tablespoons distilled white vinegar
2 tablespoons unsalted butter
1 onion, chopped
1 parsnip, peeled and cut into small pieces
6 cups chicken broth
3 tablespoons chopped fresh tarragon
2 pounds fresh asparagus, trimmed and cut into pieces
½ to ½ cup heavy cream
12 small cantaloupe balls (garnish)
16 small fresh mint leaves (garnish)
½ cup sour cream (garnish)

Trim the root and tough outer leaves from the leek. Cut the leek in half lengthwise. Stir the vinegar into a bowl of cold water, add the leek and let soak for 30 minutes to remove any sand. Then rinse the leek under running water, pat dry and cut into ¼ inch dice.

Melt the butter in the olive oil in a heavy pot over low heat. Add the leek, onion and parsnip and cook, stirring, until softened, about 10 minutes.

Add the chicken broth and tarragon and bring to a boil over high heat. Then add the asparagus, reduce the heat to low, cover and simmer until the asparagus is very tender, 30 minutes. Uncover and allow to cool to room temperature.

Puree the soup, in batches, in a blender or food processor. (If the pureed soup seems stringy, pass it through a strainer.) Return the soup to the pot, stir in the cream, and reheat over low heat. Do not boil. Ladle the soup into bowls and garnish with melon balls, mint and sour cream.

Note: The soup may also be served cold. Chill it after adding the cream.