



**Allotment Gardening In North Essex -- At Home In The Kitchen**

## **Asparagus Soup**

### **Ingredients: 4 portions**

8oz 400g Asparagus stalk trimmings  
2pts 1litre of white stock  
2oz 50g Butter  
2oz 50g Flour  
2oz 50g onions  
1/4pt 125ml cream (or milk)

### **Method:**

1. Gently sweat the sliced onions without colouring in the butter
2. Remove from the heat, mix in the flour, return to the heat and cook for a few minutes without colour. then cool.
3. Gradually add the hot stock
4. Stir to the boil
5. Add the chopped and well-washed asparagus trimmings and seasoning
6. Simmer 30 - 40 min.
7. Liquidize and then pass through a fine sieve. Do not push the asparagus fibres through the mesh.
8. Return to a clean pan, reboil, correct the seasoning and consistency
9. Finish with milk or cream and serve